



FROM



Ames High Alumni Association  
1921 Ames High Drive  
Ames, Iowa 50010-5100

TO

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as different as  
night and day







as different as  
night and day

Ames High School

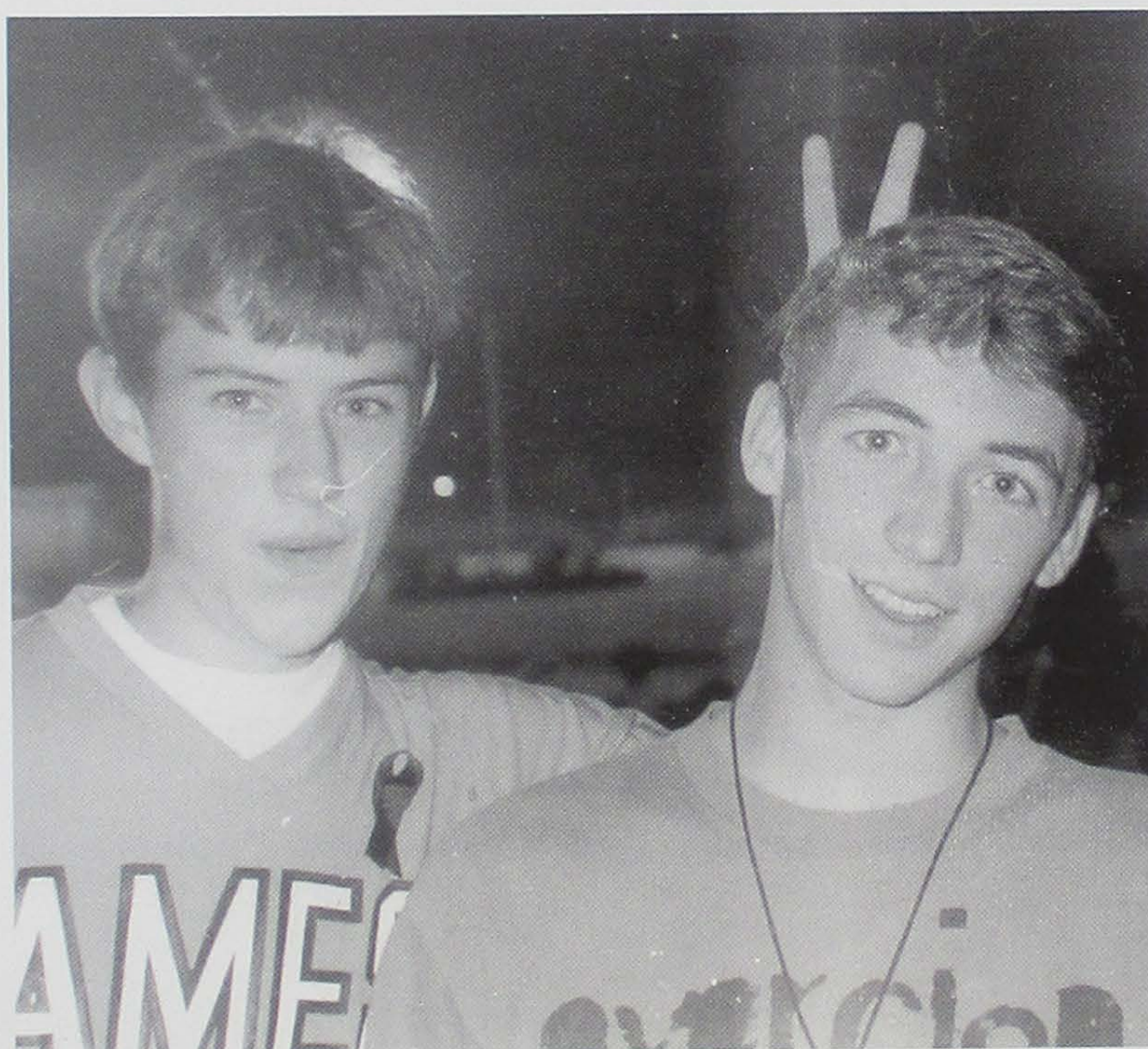
1921 Ames High Drive

Ames, Iowa 50010-5199

Phone: 515-239-3710

Fax: 515-239-3808

Student Population: 1510



Waiting for the homecoming bonfire to begin, freshman Eric Hoague and sophomore Troy Hamblin hang out in the parking lot.





Seniors Michelle Roberts and Naila Meyers measure the pH of an acid.





**What's new?** Anything?

Nothing? How have you been? How will you be? Where are you coming from?

**Where are you going?**

What do you want from your life? What does your life want from you? When does the future start? When does the past end? **Can we talk?**

Will we listen? What's going on? Does anybody know? Does anybody care? Do you accept the responsibility? Does the responsibility accept you? This is your yearbook. About you. **For you.**

Enjoy. Do you want fries with that?

sam **grotewold**

**robyn** epstein

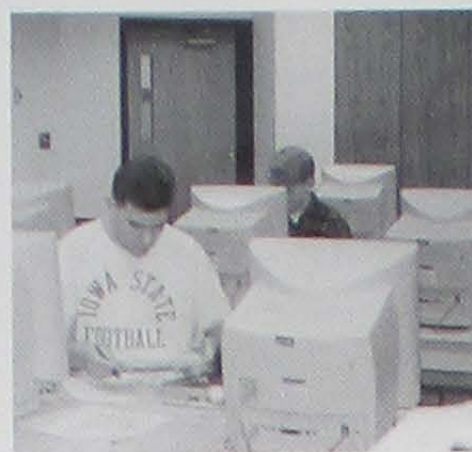
co-editors

Sam Grotewold









A new foreign language hallway, **a new science wing**, a new media center, ten new faculty members, a new assistant principal, new tables in the cafeteria, a new computer lab & **student access to the internet.** All of these things contributed to the new look of Ames High School. Beyond the material, with the influx of new students came a newfound sense of diversity to the school. Fresh.

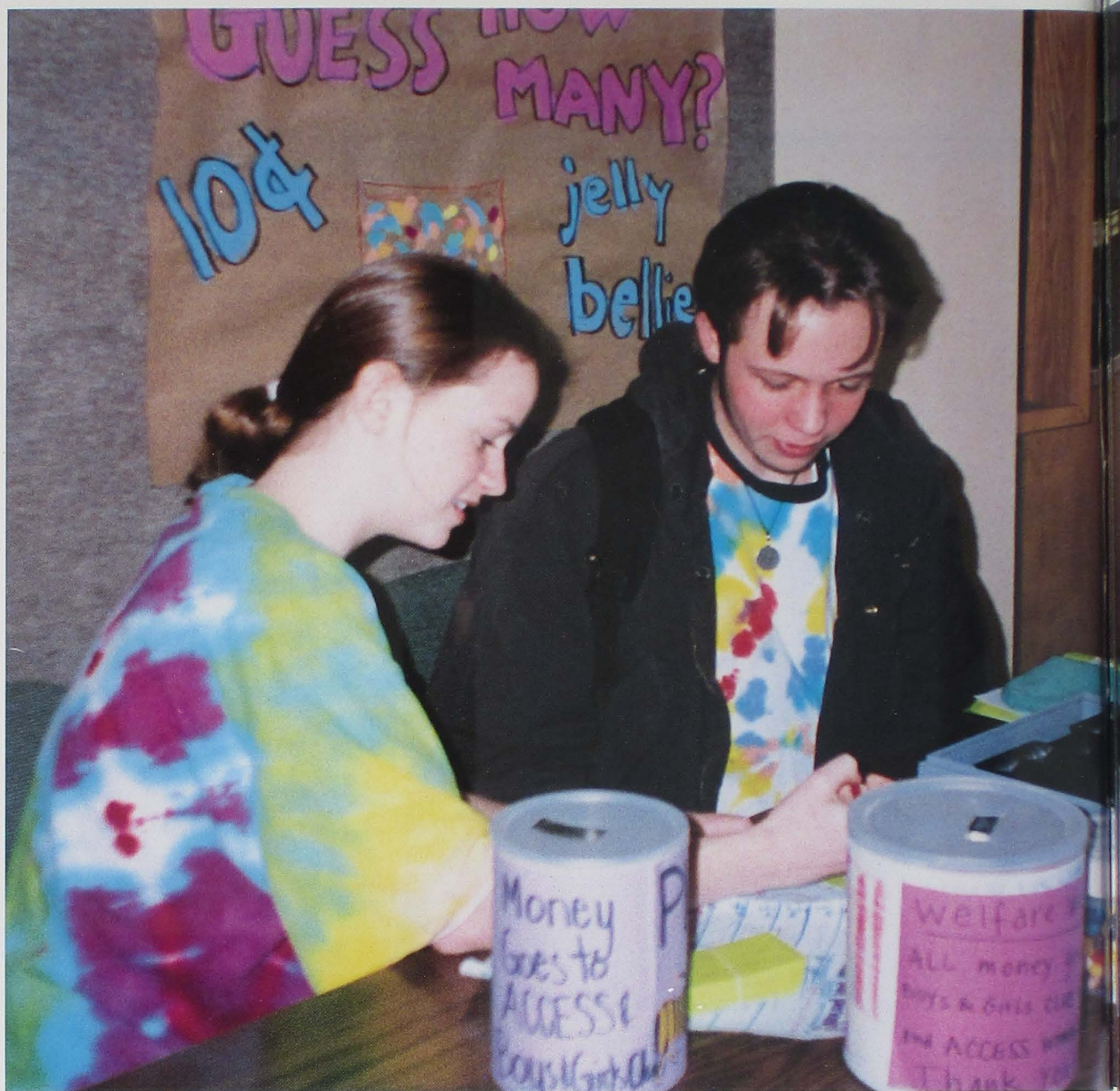
New. **as different as night and day.**

robyn epstein

sam grotewold

co-editors





Sophomore Katie Finn and junior John Coy sell opportunities to guess the number of jelly beans during Welfare





Week.

Robyn Epstein

amidst the hustle and bustle of daily school life, students found comfort in the fact that there was always an opportunity for relaxation at the end of the day. ¶¶From senior Bill Pendry's computer-generated art to sophomore Mei Ling Shaw's photography, art offered some students an escape from the monotony that often comes with the school year. ¶¶From the sounds of the band *Fool's Journey* to the noise of *Chronic Penguin*, members of musical groups found a certain thrill in performing before an audience. ¶¶Some students found peace in staying physically fit, while others just enjoyed hanging out with friends. The variety of activities students were involved in exhibited the differences of the students themselves. Distinct. Unique.

**As different as night and day.**

sam grotewold  
robyn epstein  
co-editors



# A welcome change

Students  
found  
the  
summer  
to be a  
time of  
fun and  
work  
by joy  
misra

What would be  
your ideal sum-  
mer vacation?

"Glacier National Park, because there's my boyfriend's sister," — sophomore **Christy Richardson**

"Texas, to spend the summer with my boyfriend's sister," — sophomore **Christy Sippel**

Summer vacation, the end to the last nine months of backbreaking work. With it came the happiness, fun, and even remorse as the summer became memories for students.

Iowa summers bring corn, and corn brings detasslers. The year of '95 was no exception.

"Three weeks of hell-detassling," freshman **Nick Rahfaldt** said. "It was the worst weeks of my life."

A few lucky students got to travel the world and increase their cultural awareness.

"I went to China this summer," sophomore **David Lowell** said. "I really enjoyed Hong Kong but it was so hot that I slept the whole time."

Some students took the opportunity to get up close and personal

with nature.

I threw myself naked (into the water at Red Rock) from fifty-foot cliffs... twice." senior **Michael Shaw** said.

Others found that they could have just as much fun hanging out with those they loved best.

"This summer I just watched MTV and spent time with my friends," sophomore **Natalie Janssen** said.

Sometimes students found that the best thing to do with so much free time was nothing.

"I gave way to static distortion and flew with the crows," junior **Antonio Ybarra** said.

Whatever students did or didn't do, the summer was a welcome change from the daily routine that school and student life brought.



Senior **Sara Sienknecht** laughs it up in Acapulco, Mexico. Sienknecht spent a week in Mexico with three other Ames High Students. Photo courtesy of Sam Grotewold.

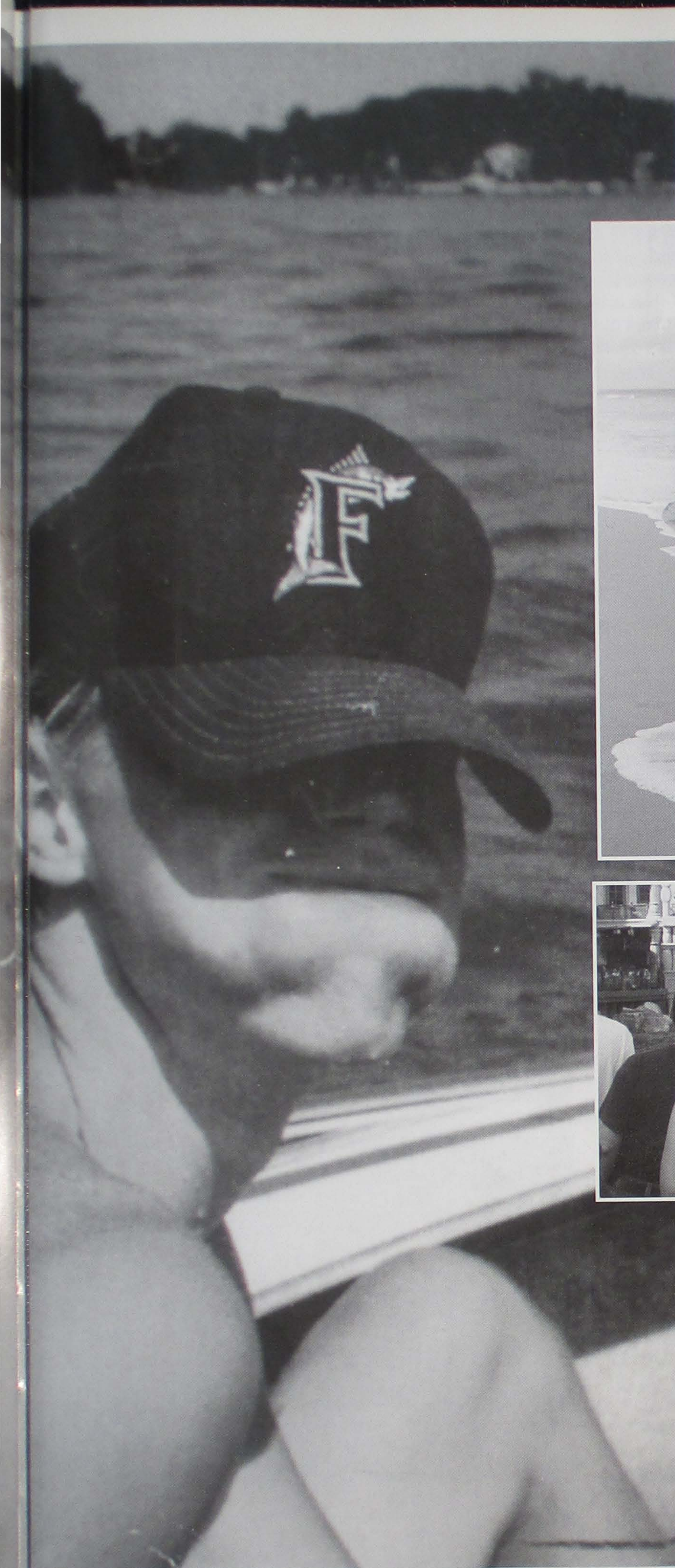


Juniors **Nick Propes** and **Sara Siebert** hang out with seniors **Eddie McElvain**, **Darci Horton**, **Brooke Harker** and **Mike Popelka**, at a gas station in Illinois. The group was part of a church work group on their way to Kentucky. Photo courtesy of **Brooke Harker**.

Senior **Jeremiah Redmond**







**D**uring a vacation at Clear Lake, sophomore Erik Weeks takes advantage of the nice weather by getting some sun. It also appeared that he was hungry since he stuffed a handful of grapes in his mouth. Photo courtesy of Erik Weeks.



During the summer many students had the opportunity to see a different country. Sophomore Joy Misra visited the Konark Temple Beach in India. Photo courtesy of Joy Misra.

**S**enior Dan Alexander was "picking up chicks" on Treasure Island during his summer vacation to Downtown Vegas. Summer vacations provided students with many opportunities to see the country. Photo courtesy of Dan Alexander.



Senior Sevard Cole



**S**eniors Sarah Sienknecht and Sam Miller bow down to Elvis, Sam Grotewold, on the senior float. "It was fun making the float and actually being able to ride on it," said Sienknecht. (Photo courtesy of Robyn Epstein)

**S**tudent council marches in the Homecoming parade. "We practiced in the Ames High driveway," junior Shannon Goldman said. "We didn't accomplish much, but it was a lot of fun." (Photo courtesy of Student Council)



## Which decade is the best and why?



"The 1980's were the best because they had the most tacky, gaudy musicians."  
-senior Lori Hunger



"The seventies because they had the best music."  
-freshman Beau Biskner

Tom and Jane Jorgenson ride on a car in the Homecoming parade. The parade involved many people, including the band, fall sports, and the community. (Photo courtesy of Robyn Epstein)



Sophomore Aaron Ritz





**D**uring the Homecoming Dance, seniors Jill Muller, Alienor Gilchrist and Tanner Hensley participate in the limbo. "I was with a great group of people. Just being with them was fun!" Hensley said. (Photo courtesy of Naila Meyers)



# Summer Nights

Students showed school spirit '50s style

by Kristi McConnell

From hoola hoop contests to versions of Grease songs, Homecoming week was filled with the spirit of the fifties. Homecoming week was kicked off with the class olympics and closed with the coronation ceremony.

Assemblies were held throughout the week where students had a chance to participate.

"I was in the tug-of-war," sophomore **Katie Finn** said. "It was pretty tough against the juniors—they're pretty dang big. But those freshmen—we schooled them big time."

Some students were involved in the coro-

nation ceremony musically. One of the songs, entitled "Summer Nights," was from the popular movie Grease.

"It takes a little more than hair grease and a leather jacket," junior **Chris Tuttle** said of his impersonation of John Travolta. "You have to warm up your hips for some serious grindage to prevent a dislocation. But seriously, I loved 'Summer Nights' and I 'had me a blast.'"

By showing their school spirit in activities throughout the week, many students had a blast...from the past.

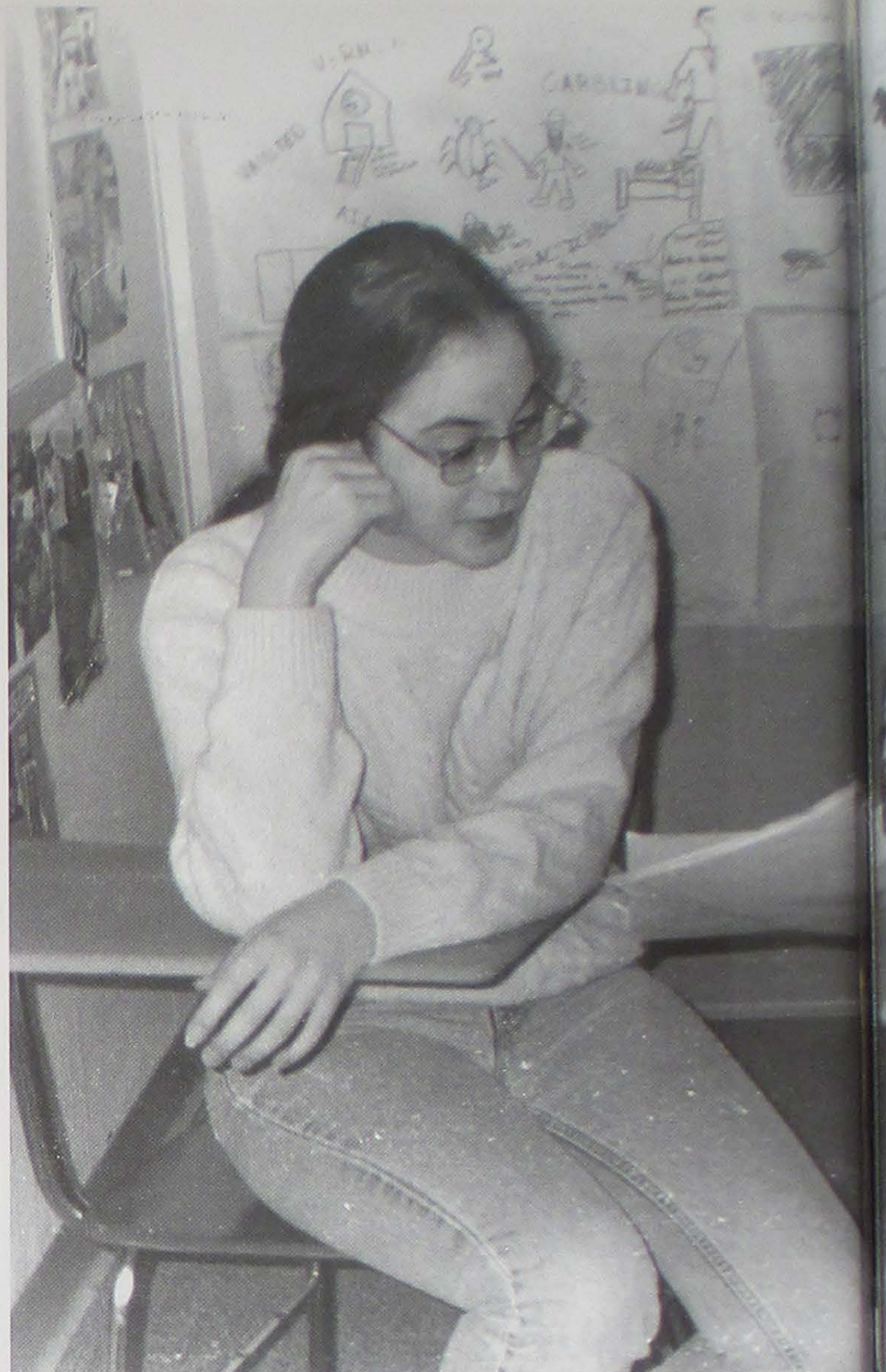


Soph. Chad Johansen



**J**uniors Eleanor Jensen and Liz Schultz play a friendly round of thumb wars. "When I moved here I suffered some major culture shocks, but in the end it's an easier place to adjust to than all the other moves," Schultz said.

**S**eniors Chris Strasburg and Kara Kerr discuss an advanced composition paper. "When I first came here I was overwhelmed by the many faces I didn't know," Kerr said. "Of course, I miss my old friends, but I'm glad for the opportunity to make new friends."



## Where is the best place to live?



"In the fourth dimension because I could be a Toys 'R' Us kid."

- sophomore  
Brandon Whalen



"Y - Camp because it's fun and I like the nature."

-freshman Lori  
Olson

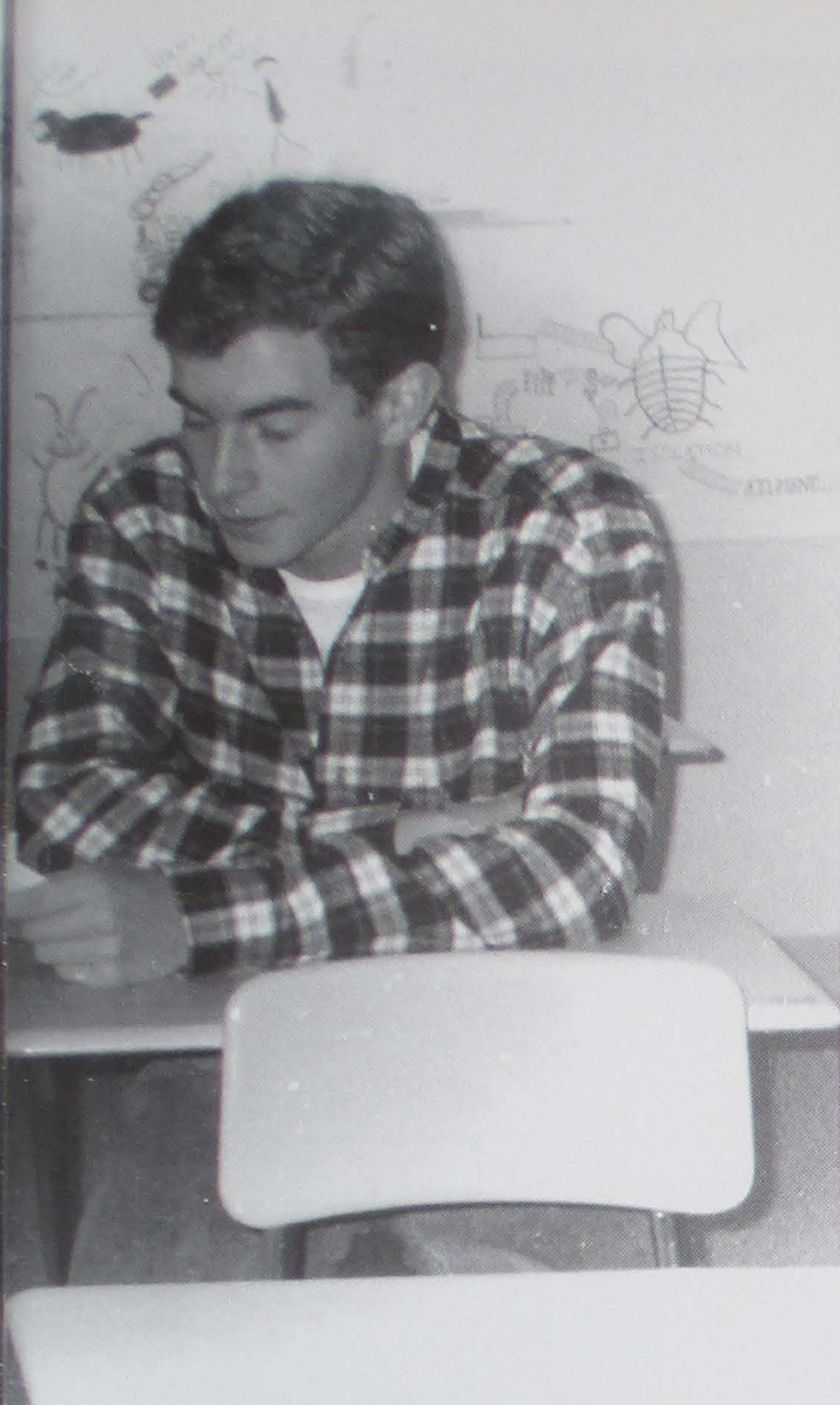
**D**enise Mix participates in Spanish class by putting a sentence up on the board. "My old school was an all-girls school so I'm glad that I don't have to sleep here and I'm grateful for guys," Mix said.



Junior Travis Nichols







**F**reshmen Nick Rahfaldt and Justin Knapp check out the latest issues together. "I lived in Ames before so I knew all my friends," Rahfaldt said. "I like hanging with the new guy," Knapp said of his friend.



# A New Start

New students adjusted to differences

by Kristi McConnell with photographs by Nicole Achter

The first day of school was a time to see old friends and catch up on the past few months. This wasn't the case for everyone. New students had to familiarize themselves with new hallways and strange faces.

For junior **Liz Schultz**, who had lived at Yong San, an army base in Korea, school at Ames High was a little different.

"People listen to country music here," Schultz said, "and there is open lunch."

Students also agreed that life at Ames High and other schools was similar.

Senior **Don Davidson** lived in Cypress,

Greece last year.

"It's mostly the same here, but it's a lot bigger," Davidson said.

For some new students, the change in size of their school was quite drastic.

"Ames High compared to my old school is a lot smaller," sophomore **Dan Murray** said. "It is also less diverse racially and culturally."

Although new students were faced with many challenges in the first few weeks of school, they found that Ames High offered new friends and new opportunities.



Freshman Marshall Newman



**J**unior Ryan Haynes dances with fellow Junior Chris Tuttle. Junior April Wright, Tuttle's date, boogies along. At first people were a little apprehensive about dancing but as the night wore on, many began to strut thier stuff on the floor.



Photo by Jessica Pohlman

**T**he Winter Formal dance is held in the Sun room at the Memorial Union. Many spent the entire night dancing away on the floor.

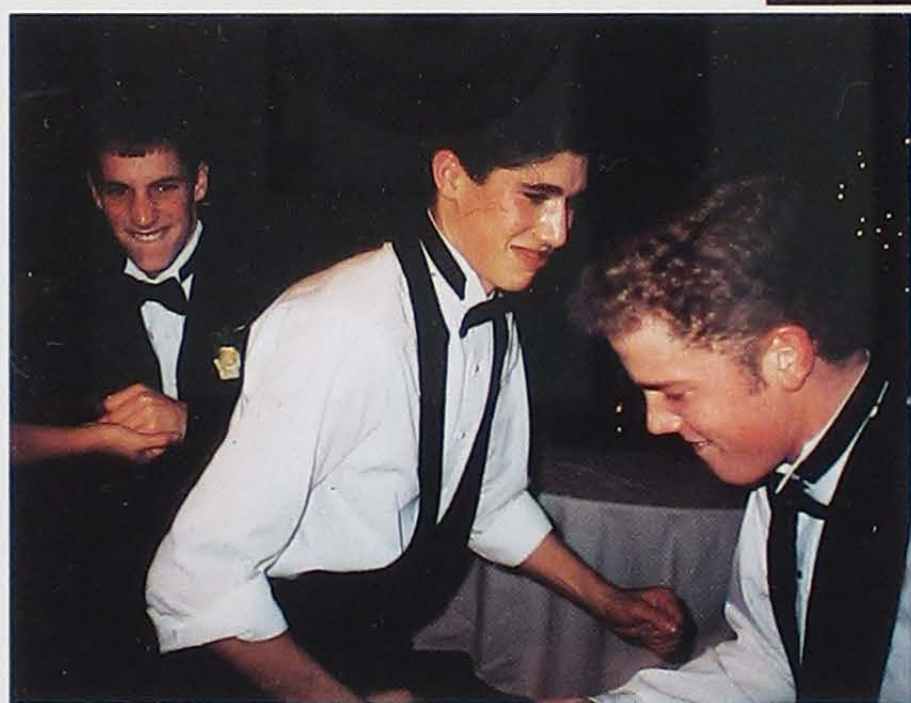


Photo by Erin Wentworth

**S**ophomores Roozbah Ghaffarzadeh and Jon Olson boogy along with the music while Junior Jon Titus danced with an arm belonging to a mystery girl.



Junior Max Highland





# All The Queen's Men

All the Queen's men couldn't put humpty dumpty together again, but Winter Formal night was put together by the senior girls' club. The night was filled with dancing, music, dresses, tuxes, and most of all, memories.

"It was fun seeing my friends dressed up," Sophomore **Shannon Smith** said. "It was cool because I went with a friend and it wasn't uncomfortable, it was all good."

The night provided a time where formality collided with silliness and awkwardness. Senior **Sara Stolmeier** received an unusual Christmas gift which she somehow managed to incorporate into her formal night.

"During dinner we were mesmerized by a musical comdog tree,

**Chris Allen** decided that the musical comdog tree was more appetizing than dinner. It was interesting," **Stolmeier** said.

New memories were made and new dance moves were taught and learned, during the course of the night. The moves were quickly learned and applied on the dance floor.

"**Ryan Greenlaw** taught me how to do the funky-jive man Bee's knees, disco, and also kung-fu disco. It was great!..." Junior **Nishant Parulaker** said.

Winter Formal night was indeed put together, not by All the Queen's men, but rather by all the memories that were made by the students. And the best part of the night?

"I would have to say the goodnight kiss." Freshman **Ben Grotewold** said.

Winter  
Formal  
was a  
night  
full of  
memo-  
ries  
by  
**Vanessa  
Kuo**



Photo by Vanessa Kuo

After the dance, many people went to a friend's house to hang out. Juniors **Anthony Hartman** and **Joe Stansbery** played each other at **Mortal Kombat** at a friend's house.

Senior **Symantha Miller** is crowned the winter formal Queen. The crown is being placed on her head by senior girls' club member **Angie Gabrielson**.



Photo by Amalia Smith



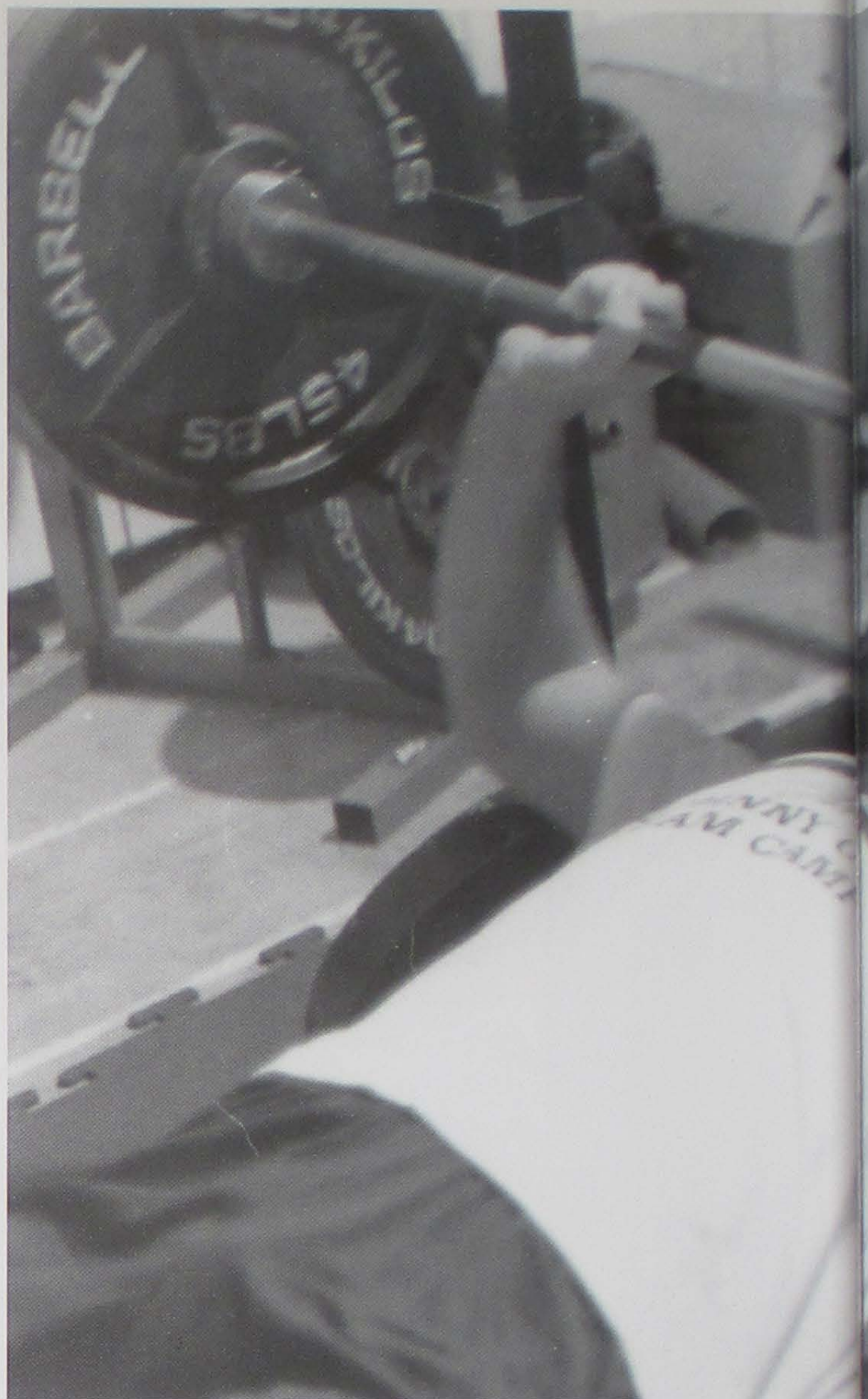
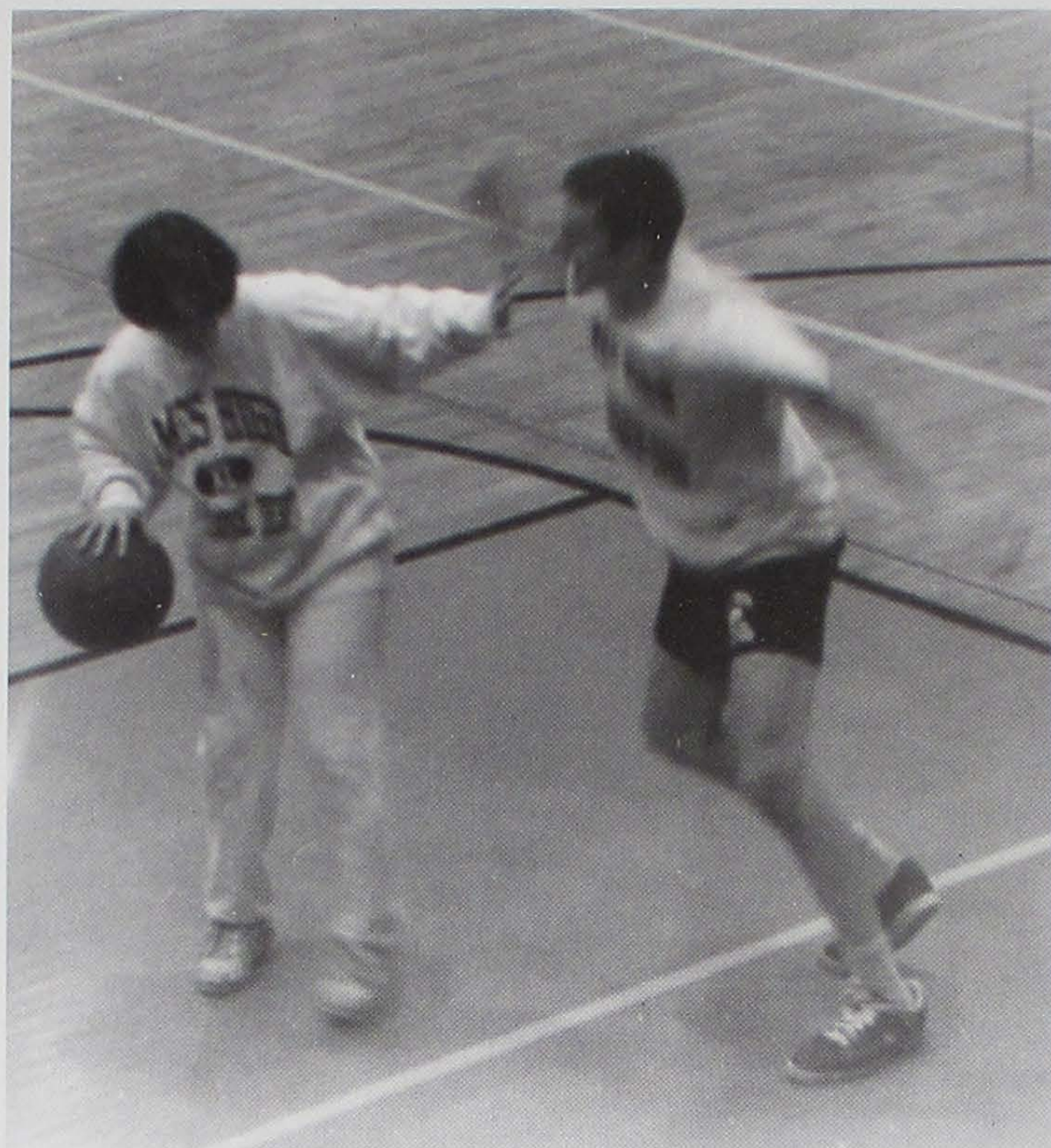
Sophomore Bri Magel

Photo by Jessica Pohlman



**S**eniors Chris Allen and Noelle Padget, play a game of friendly basketball during their PE class. For some students PE was the only time they had to exercise.

**J**unior Jon Crawford bench presses to increase his arm strength for football. Crawford is a member of the varsity team. Working out besides the daily practices greatly helped him out.



# Main motivator

What drives people to keep fit and exercise?

by Vanessa Kuo with photos by Jason Rearick and Cathy Loveland

**W**hat is the ultimate motivator for students to get off their rear ends and exercise? The love for what they suffer through, of course.

"I play soccer to keep in shape. I run two miles everyday for the first two weeks, and I always take the stairs instead of elevators," junior **Kyle O'Riley** said. "I've played soccer since kindergarten all year round. It is hard sometimes to be excited to get up at five in the morning for practice, but I really love soccer so I do it."

Often students who are participating in sports, condition in the off season. Most sports require their athletes to be extremely conditioned when they start practicing as is the case for cross country.

"To train for cross country, I run in the state gym and I ride a stationary bike. I also enjoy playing indoor soccer and basketball," freshman **Lindsay Heiligenthal** said.

Then there are those people whose lives are filled with endless exercise. The ones who are doing it for fun and for competition.

"I have cheerleading for both fall and winter and I have dance five times a week. That's all I have time for," junior **Dana Doran** said. "Sometimes it is hard to keep up, but basically I'm doing the activities I love."

So if all the students want to get fit, here is a very handy piece of advice—do something that you enjoy and love. It'll save you a lot of grief.

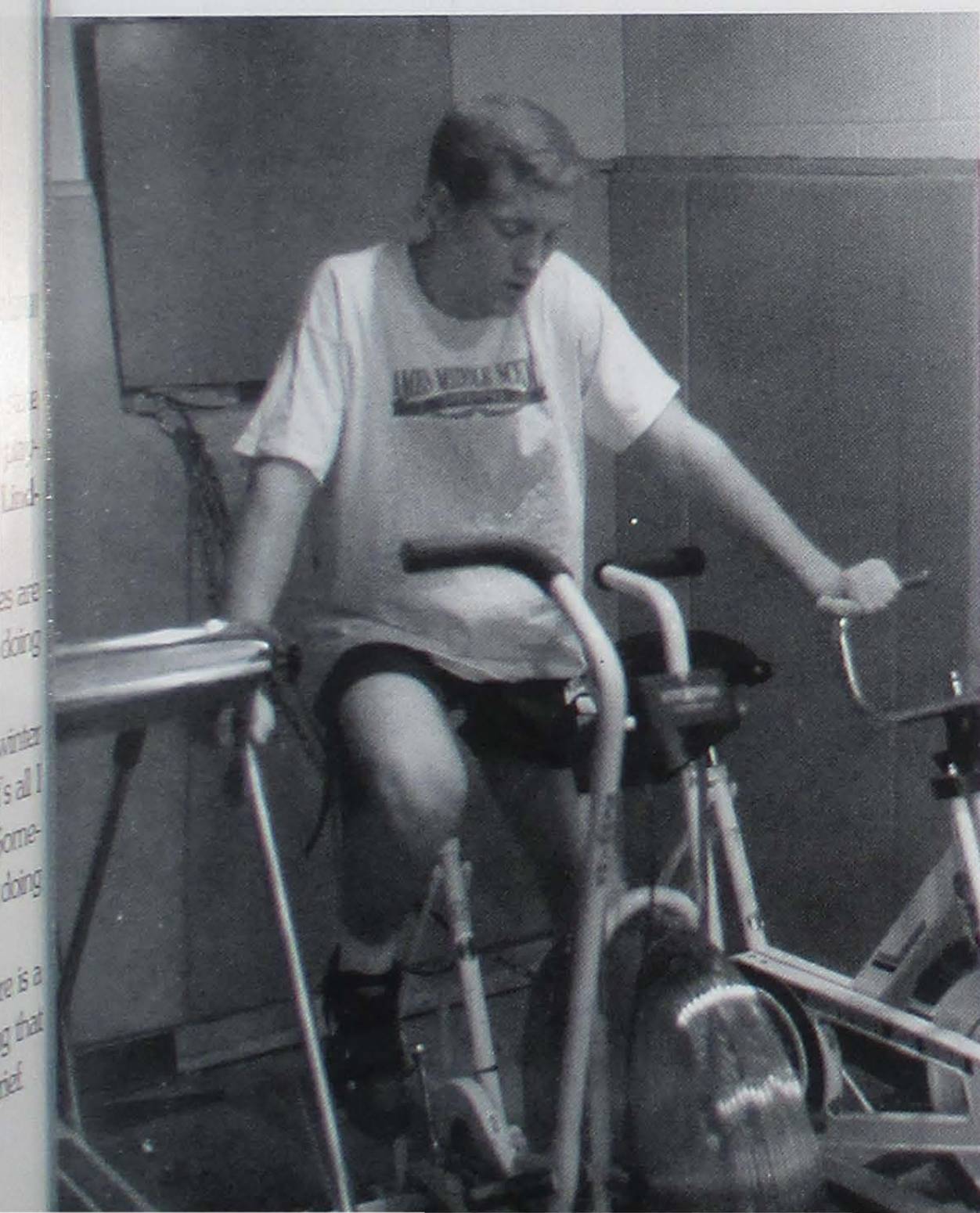
Senior Jason Webb







**J**unior Alyssa Speck stretches out before her daily cheerleading practice. "Cheerleading is a good part of my fitness agenda," said Speck. "We do at least ten minutes of aerobics, then jumps and then conditioning. Cheerleaders are buff!"



**J**unior Scott Stevemer rides the stationary bike to help condition himself for football. Although they had daily routine practices, some chose to do more.

## Where is the best place to exercise?

"My favorite place to work out is most likely anywhere there is good music."—**Sophomore Louise Rothschild**



"I'll have to say the State gym and Byer hall. Running at the state gym, racquetball at Byer."—**Junior Anthony Hartman**



Mr. Richard White



**S**eniors Laura Howard and Marlana Anderegg take time out to talk to one another. Howard and Anderegg were attending a senior party at Brookside Park.

**S**eniors Alicia Ackerman, Brooke Harker, and Tory Phompheng sign books at a senior party. This was a way of remembering memories and wishing the best for the future.



What is your favorite ice cream flavor?



"Cook-  
ies and  
cream  
because

it's cookies and ice  
cream in one."

-freshman **Tiffany  
Belz**



"Choco-  
late chip  
cookie  
dough

because cookie  
dough and ice  
cream are meant  
to be."

-junior **Dan  
Ehresman**

**S**eniors Amalia Smith and Kathy Loveland give each other a hug of celebration and goodbye. Senior parties included both.



Sr Adam Baumeister







Senior party goers dance to RuPaul's song "Supermodel." Dancing was a popular source of entertainment at senior parties.



# Parting Rituals

## Seniors celebrated the last days

by Kristi McConnell Photos by Julie Tosten

As the year began to wind down and graduation neared, the seniors needed a way to end their high school careers. Senior parties were a way for seniors to have a big, final party. This year was no exception.

Seniors held their parties at a range of places. Some were at parks, the Main Attraction, and Starlight Village. Any place provided a way for all who attended to get into the spirit.

"Before I knew what had happened they had dragged me on to the dance floor and I was 'booging down' to some cheesy '80's music. The kind of music that Sarah

(Sienknecht) and Abby (Whitt) like to hear," sophomore **Joe Obrycki** said.

For the seniors who planned the parties, it had a special meaning. It signified that the end was near.

"I wanted to get all my friends together and feel like I was a part of the whole high school thing one last time before I graduated and moved away to Iowa City," senior **Lori Hunger** said.

Senior parties were another part of the graduating ritual that students readily participated in. It was a last chance for a big get together with friends before everyone went their separate ways.



Soph. David Teas



# Embarrassing

# Stuff

Students  
found  
embar-  
rassment  
both at  
home and  
at school  
by joy  
misra

Does anything  
ever embar-  
rass you at  
school?



"When my friends yell my name down the hall," — Freshman **D i v y a Bahadur**

"Definitely. I guess when you have a senior brother as cool and as nifty as mine, you'll get embarrassed more than your share of times," — freshman **B e n Grotewold**



**E**mbarrassing moments happen to everyone. They teach people not to take life so seriously and give them something to laugh about.

"There was a mail-woman who was really cute, so I went outside to get my mail and talk to her," senior **James Finch** said. "As I was going back to my house I tripped and fell. When I got up I tried to pretend I'd done it on purpose."

Not all embarrassing moments happen in the safety of home, though.

"I was skiing by the lodge and I crashed down the slope," junior **Sarah Shimek** said. "I ruined my knee and they had to call the ski-patrol; then I was wrapped in a red toboggan and taken down the slope."

Students react to embarrassment in different ways. Some get

mad at others, some play it up, and some just go with it.

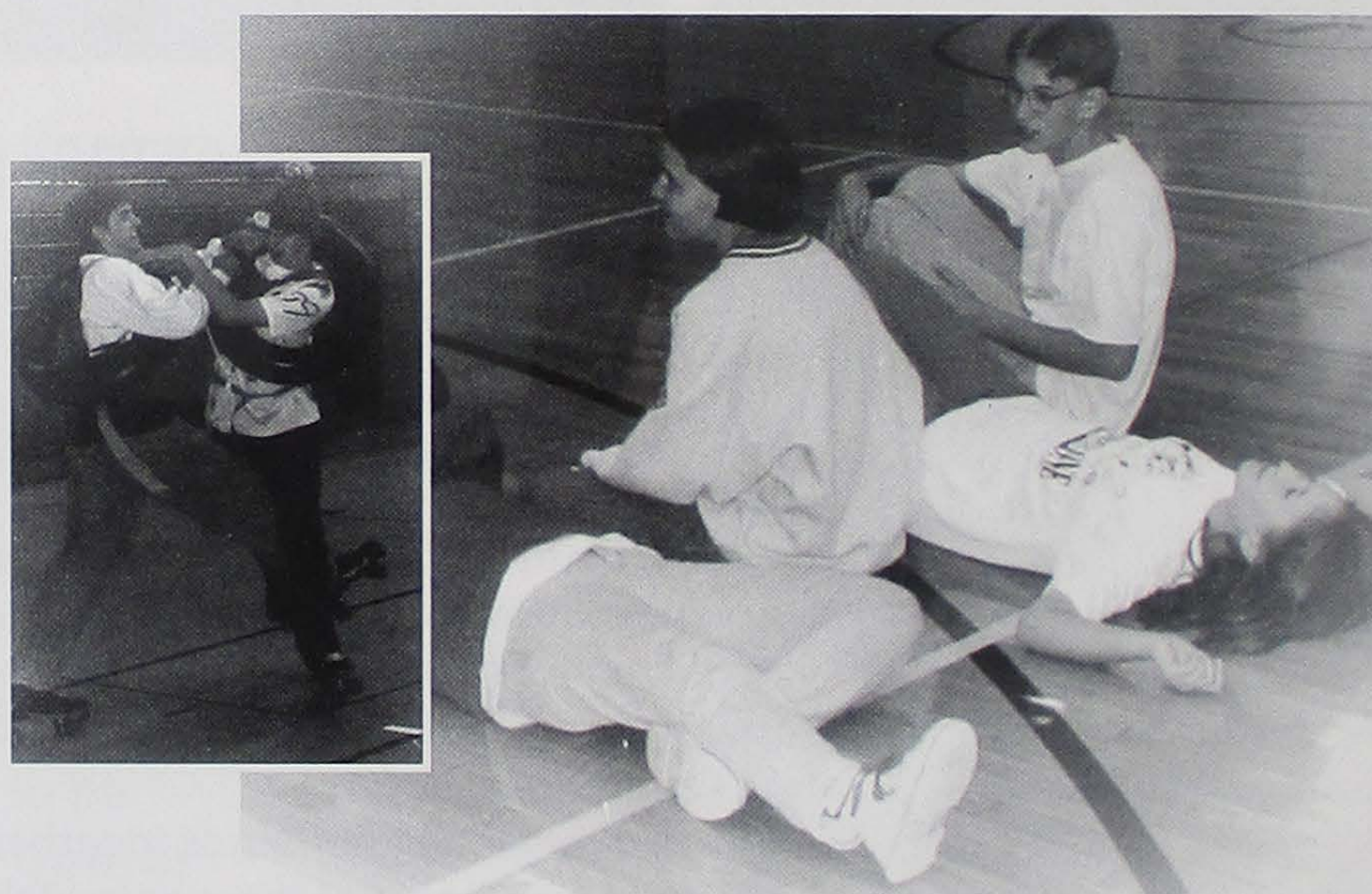
"I try to blow it off and laugh at myself," Shimek said.

Some students found that when they were younger those moments seemed more tolerable, but they still felt just as bad.

"When I was little my family was moving from Minnesota," freshman **Cathy Anderson** said. "As I was going inside, a hole in my mitten got caught on the (door) handle and the wind caught the door. My mitten ripped and I went flying onto the sidewalk."

Then there were those times when the only alternative was to plead insanity.

"Yeah, I ran out of my bathroom naked screaming 'Green Fire! Green Fire!'" Sophomore **Ben Heinen** said.



Nicole Achter

**S**enior Chris Allen and junior Ryan Haynes getting caught playing during P.E. class. "Haynes and I were sharing a special moment playing our special game tube-flag-roller-derby-skate-bash-and-crash when we were interrupted by a someone with a camera."

**S**eniors Noelle Padgitt, Emily Silet and Bree Shields and junior Joe Stansbery lie in defeat after losing a volleyball game.



Junior Nick Propes





Freshmen Tiffany Belz and Shannon Floyd were initiated into the girls cross-country team by having sundaes made on their heads. "I don't like sundaes as much anymore," Belz said.



Nicole Achter



Nicole Achter

As sophomore Katie Finn walks through the monitors in the media center, they went off. "This was worse than when I peed my pants in preschool," said Finn.

Senior Robin Shinnow took the opportunity to sleep during one of her classes. Other students looked on.



Soph. Mark Anderson



# Expressing Ourselves

Students showed a unique appreciation for the arts by Steven Chang

What do you like about art?



"My favorite sculptor is Rodin. We went to a garden of his sculptures in Paris and I left Gumby on top of 'The Thinker'." — junior Jennifer Peyser

"I like art because it's fun. It gives me an opportunity to express myself. It's a class without much stress." — Junior Priya Kothari



Creating, painting, weaving, sketching, cutting, molding; this is what you'll see AHS students doing in art classes. Though art may only be a minor requirement for graduation at Ames High, many students opted to go beyond the introductory courses.

"I started with 3-D art. I really enjoy creating things so I took ceramics," said senior Elaine Serfass.

Art classes allowed students to pursue other interests, whether it's photography, drawing, batiques, fiber, printmaking, or sculpture.

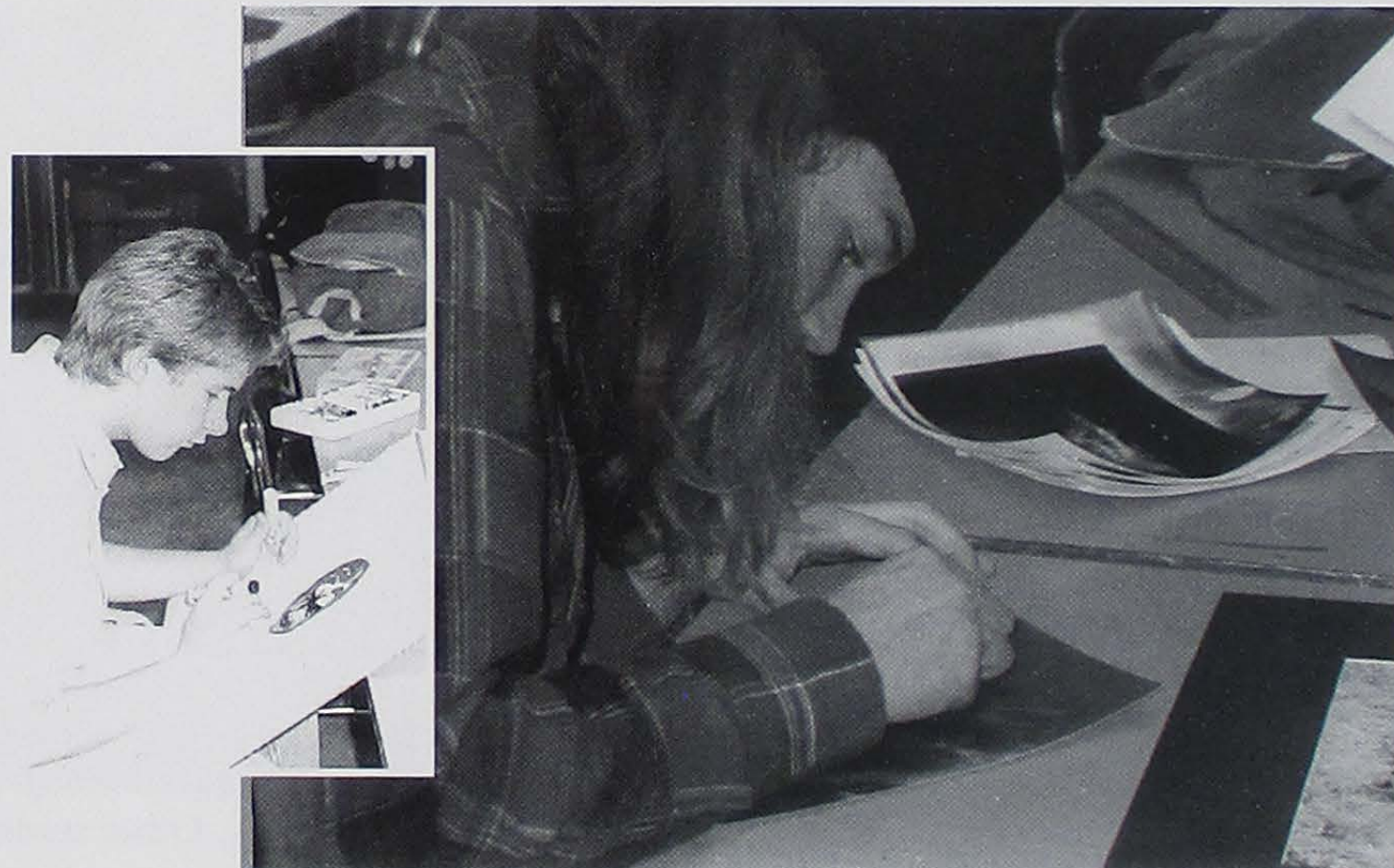
"Art is fun. I started with fibers, and I really liked it so I continued taking art classes. I'm not considering a career in art, but it's an easy way for me to express myself and let people see. Right

now I'm painting a skirt I found at the Salvation Army," senior Melanie Westerberg said.

Some AHS students, however, are considering careers in the arts. One in particular is senior Bill Pendry. Pendry, who intended to graduate last semester is now taking art full time.

"I'm in five art classes now and P.E. I not sure what I want to do yet, but I'm pretty sure it will be in graphic design," Pendry said.

Though not all students are artistically talented, there is a place in art for everyone. Art allows the student to use their creative energy to create what they want to. It is an outlet for our feelings and emotions. It is just one way in which we express ourselves.



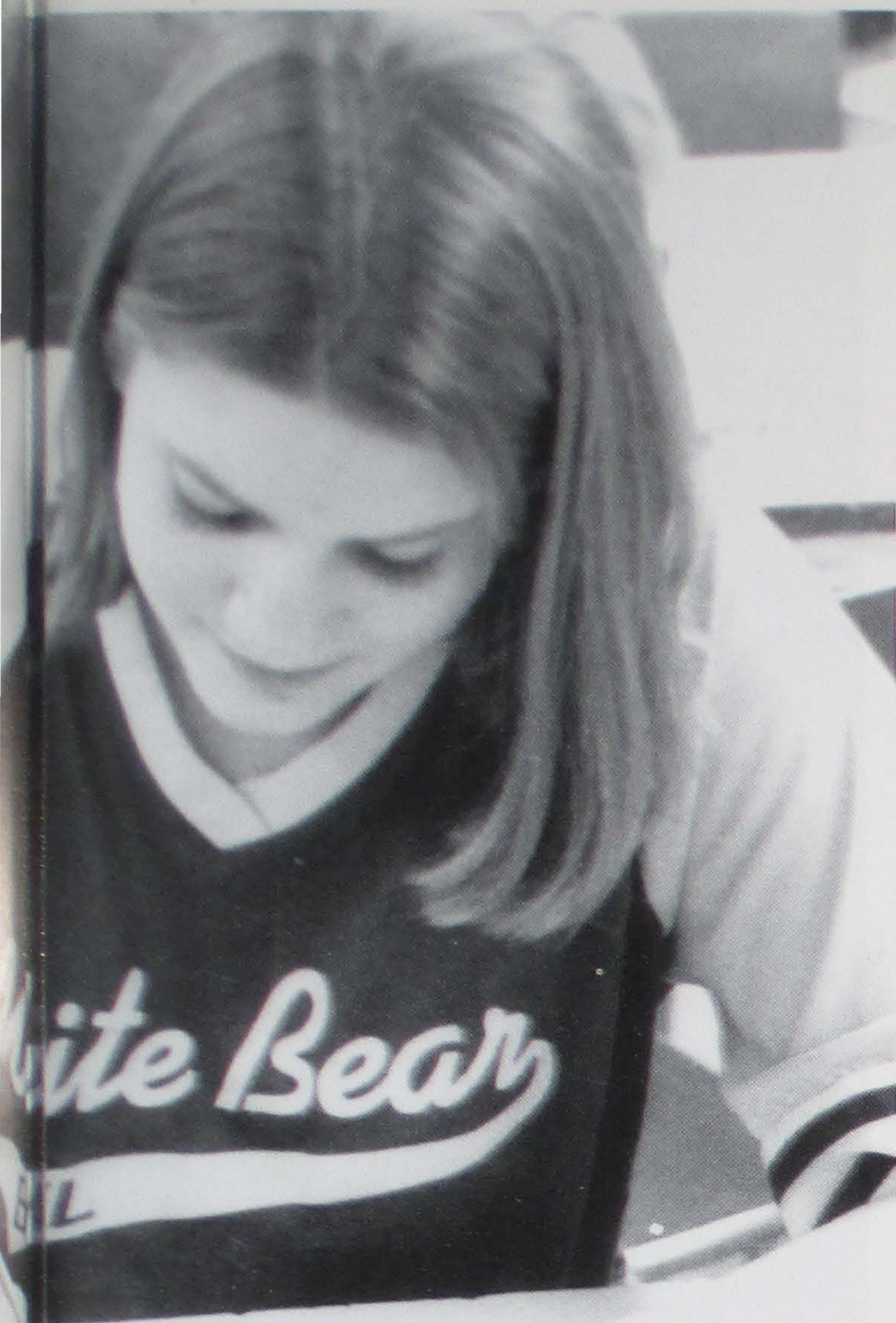
Junior Bruce Cirksema paints with oil pastels in art class. Oil pastel is a popular medium among art students. Many prefer these paint sticks to oil because of the ease of use.

Junior Dan Ehrman touches up a photograph for Ms. Gugel's photography class. Photography was a popular elective for many students interested in the arts.

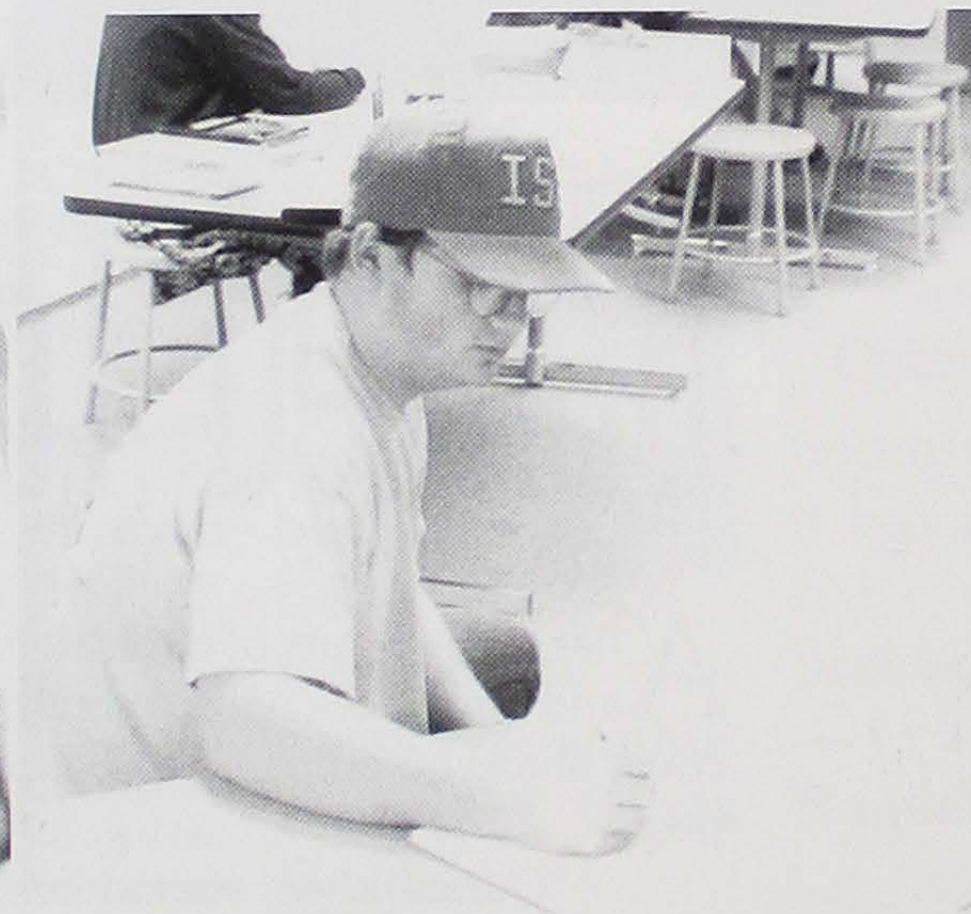
Secretary Susan Shields







Sophomore Emilie Wall sketches her idea for a painting in Ms. Gugel's painting class. Many students took art classes for a change of pace from required courses.



Junior Antonio Ybarra Rojas puts the finishing touches on his painting. Many art students had to prepare artwork for portfolios, scholarships, and contests.

Sophomore Jed DeHoet concentrates on his painting for art class "Art is one of my favorite classes. It's a nice break from other classes," DeHoet said.

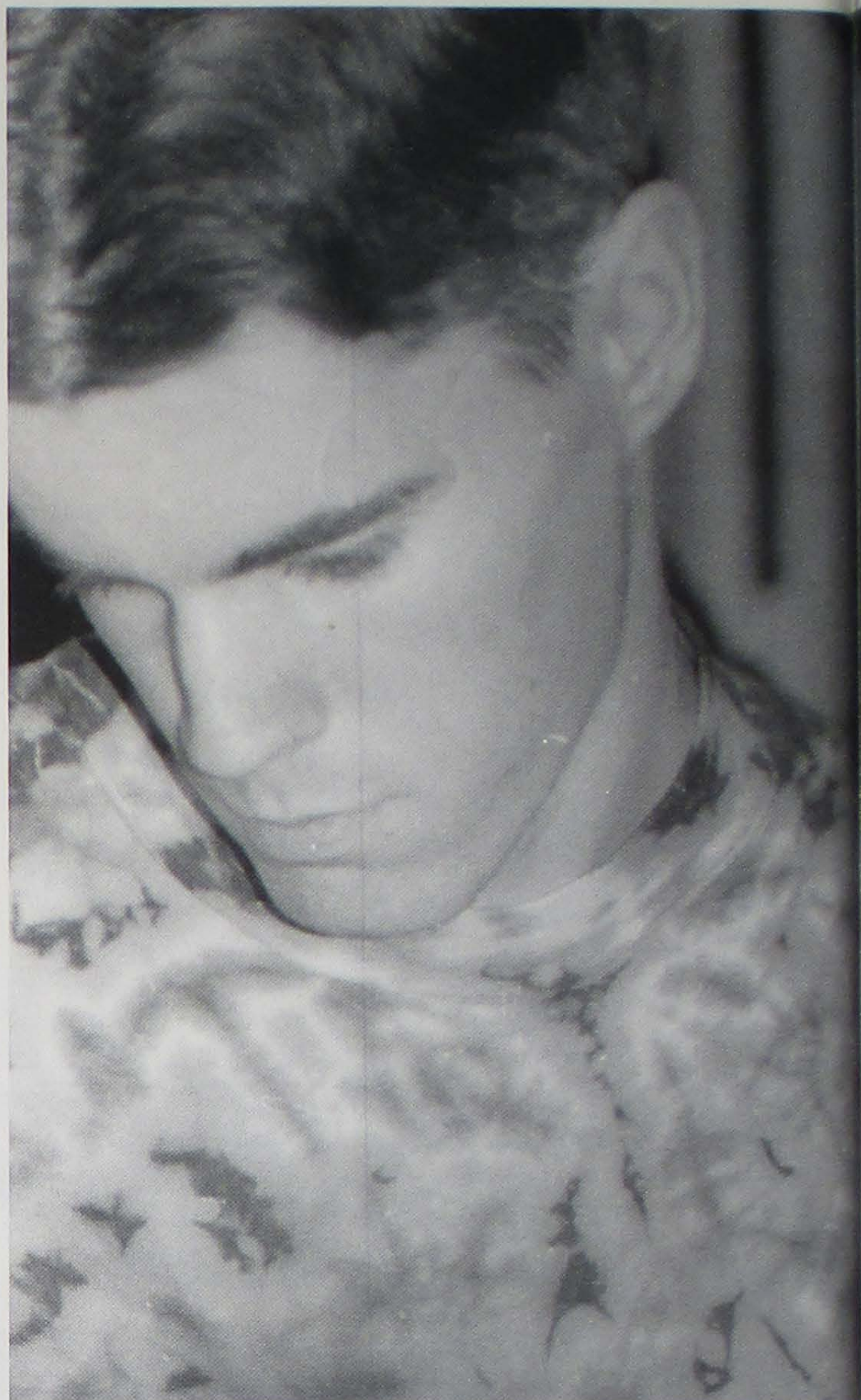


Junior Natalie Carver



Sophomore Matt Nelson and juniors Nick Propes, Keith Kelley, and Jason Lippard of the band Junk pose for a group picture. "I wanted to start a band because it was something to do with my friends and it's a lot of fun," Lippard said.

Junior Keith Kelley practices his guitar outside of rehearsal with his band. Kelley was a member of the band Junk.



# Banded Together

The love of music formed bands and friendships

by Kristi McConnell

After many hours of dedicated practice and hard work writing songs, a band could finally be prepared to perform for their peers.

"Our band got started freshmen year at the last battle of the bands," junior **Nick Propes** said of the band Junk. "We wrote a couple of songs and liked it, so we kept writing."

Senior **Jeff Koch** and the band Fool's Journey started for similar reasons.

"We started the band because we all

loved to play," Koch said. "No one else was doing it."

Through their love of music, the band members discovered a sense of unity as well as other benefits.

"We get a lot of attention," said Propes. "It's a lot of fun and we love to play our guitars."

"The best part is that moment when you're in the middle of playing and each member of the band clicks. . . the music is tapping and it's like magic," Koch said.

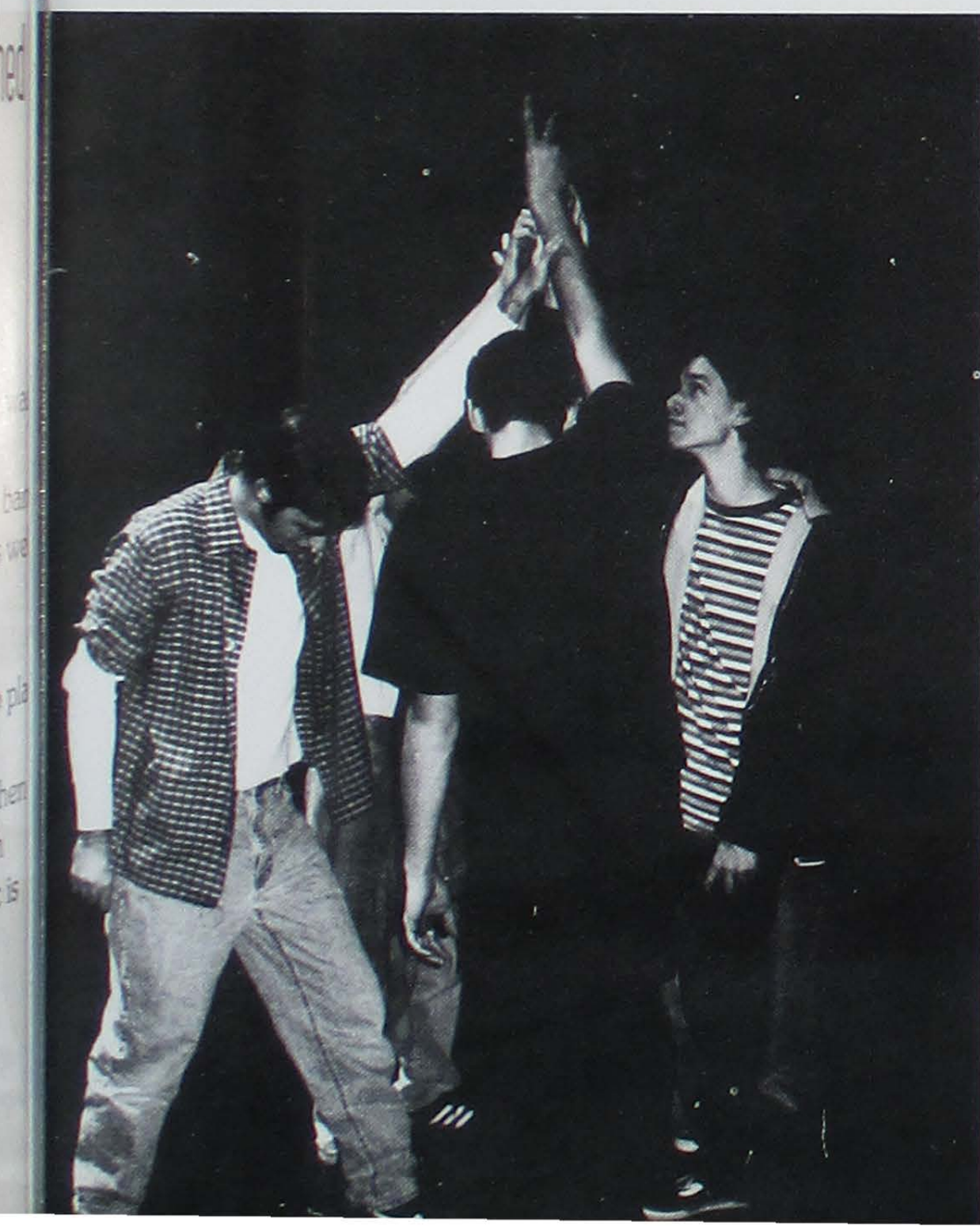
Senior Bree Shields







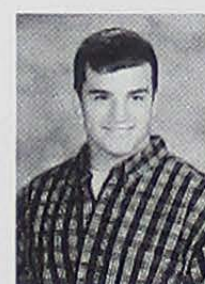
**M**embers of Fool's Journey, including lead singer Steve Cable and drummer Bryan McGeeney, perform at Battle of the Bands. "Fool's Journey has been a lot of fun, McGeeney said. "We've developed close friendships as well as a unique musical style."



M i k e Popelka, E d d i e McElvain, S a m Grotewold, T r a v i s White, and Ben Godar formed their own band, Chronic Penguin. Friendship was an important part of the band.

## Who is your favorite band?

"Led Zeplin because they made classic rock classic." —sophomore **Chris Gardner**



"Queen because it has a nice beat and rythm" —freshman **Raquel Hansell**



Freshman Troy Devens



# Just around the corner

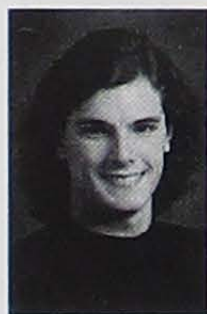
Students  
& parents  
experi-  
ence  
school life  
together  
by Steven  
Chang

What would you do if you had your parent as a teacher?



"I'd swap chores for test scores."  
—senior  
**Chris Meyer**

"I think I would go crazy."  
—freshman  
**Leslie Crawford**



Many students have to say good bye to their parents in the morning, but for some, their parents come to school with them. Many students have parents who work at Ames High, such as senior **Amy Olson** and her mother **Janet Olson**, a Student Services secretary.

"It's great having my mother work at school. She always knows what is going on and usually gives me updates. Another perk is being able to get money from her when I need it. Anytime I forget my lunch I can get some cash to cover myself," Olson said.

Media specialist **Carol Crawford's** son, **Jamie Burrow**, is a junior. Mrs. Crawford commuted to school with her son.

"I like it because I don't have to buy a car for him, and I don't have

to buy a parking permit. The good thing is he can park in my space. Also, I know what is going on in the school, and since I'll have two kids here next year, I can check on them with their friends in their natural habitat," Crawford said.

It was a convenience having a parent at school because of the help and support they often gave their children.

"Sometimes I forget a lot of stuff, like after school activities or places I need to go, so it's nice to have someone here to remind me," sophomore **Matt Vanderzyl** said. His father, **Tony Vanderzyl**, is a math teacher.

Most of the students agreed that it was an advantage to have their parents at school with them because they could go to them with any problems or concerns during the school day.



**P**incipal **Chuck Achter** laughs as his son, sophomore **Kris Achter**, asks him for some money.

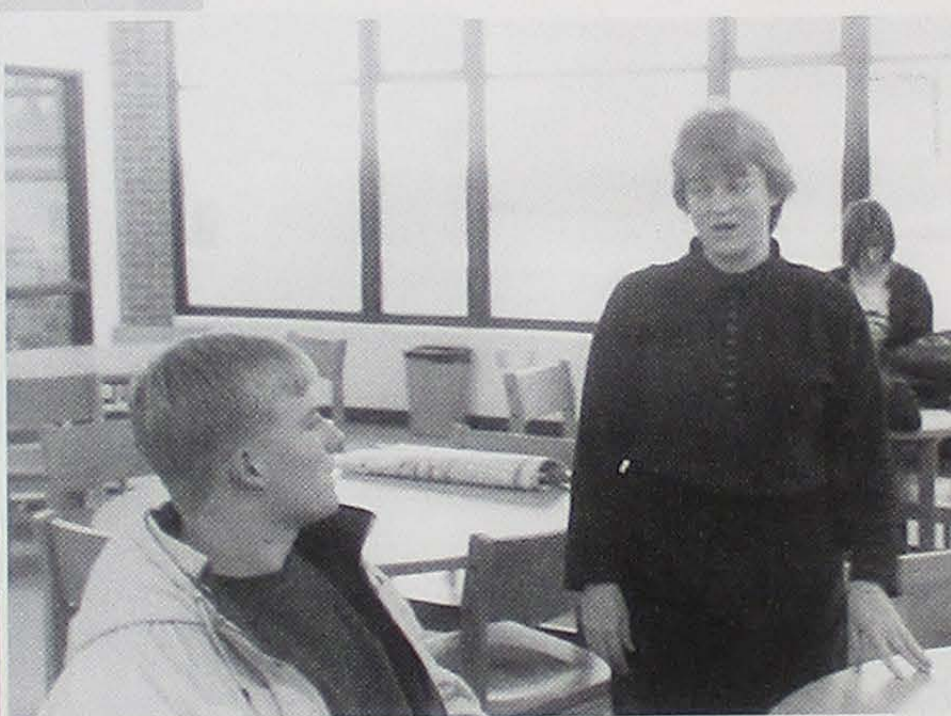
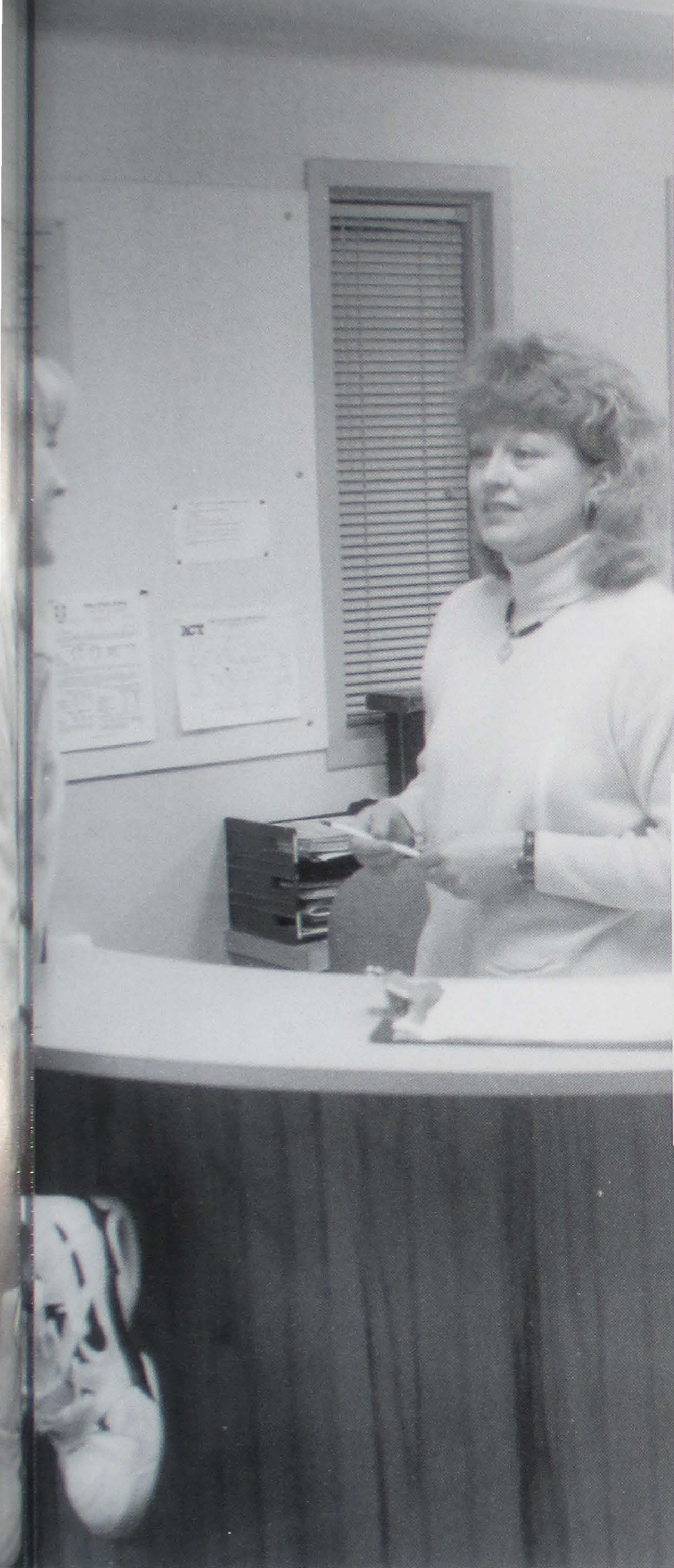
**S**enior **Shawn Crowley** has a conversation with his mother **Mrs. Polston**, who teaches home economics.

Sophomore **Jaime Huss**





Senior Amy Olson converses with her mother, Janet Olson, in the Student Services Center. Students who have parents that work at school consider it an advantage, especially when it comes to getting money.



Junior Steve Gartz talks with his father, Homer Gartz. Mr. Gartz is the band director at Ames High.

Junior Jamie Burrow and his mother Carol Crawford, a media center specialist, discuss the days events in the media center. Parents who worked at school were able to keep in touch with their kids frequently.



Freshman Hannah Dobbs



# Passing the time

After a week of tests and homework, students enjoyed a needed break  
by Steven Chang

Where do you hang?

Favorite hang-outs and pastimes gave students a chance to catch up with one another and to relieve the stress brought on by school.

Coffee shops were popular gathering places. They gave students a chance to interact in an intellectual, diverse, and most of all relaxing atmosphere.

"Cafe Boudelaire is nice. I like to meet my friends there to talk and have some coffee," senior **Alicia Ackerman** said.

"My friends and I like to go to Stomping Grounds for hot refreshments and Baskin Robbins for ice cream," said junior **Angie Adams**.

Many students liked to get together at a friend's house.

"My friends and I enjoy eating jello and drinking Yoo-

Hoo," sophomore **Jim Norris** said.

"My friends and I like to play computer games," sophomore **Jeff Christianson** said.

Many students liked to go to the movies. However, with the price of popcorn, pop, and candy, going to the movies could be quite expensive. Many students, instead, liked to get together and rent a movie.

"I get together with my friends and rent movies. *Braveheart* is one of my favorites," sophomore **Mark Anderson** said.

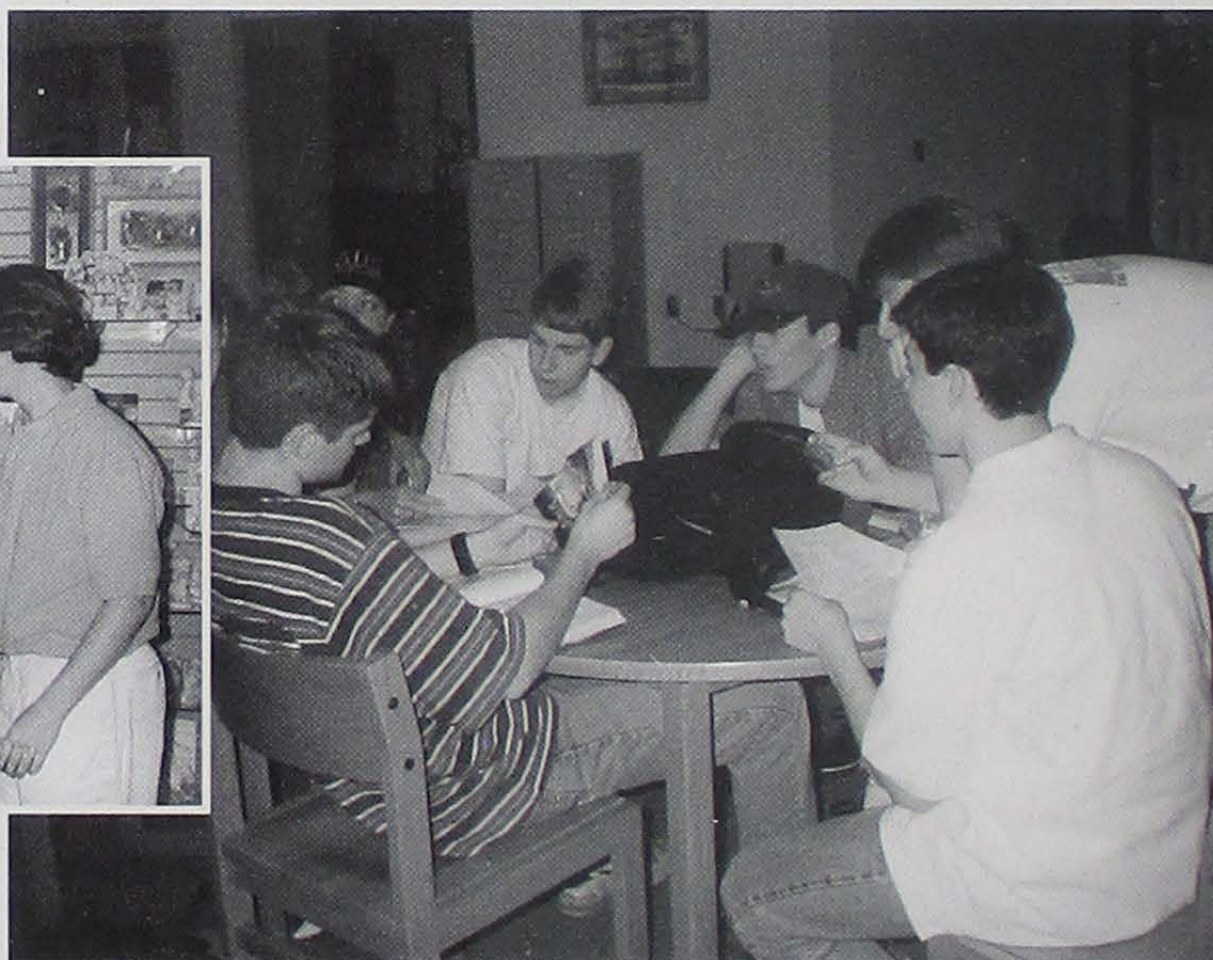
Whatever the circumstances, students always managed to get together with their friends and have fun.



"The new Hy-Vee because it's so cool. They give you a map of the store when you walk in."—senior **Sara Stolmeier**

"We like to get together to play strategy games like Axis and Allies and Diplomacy."

—senior **Matt Healy**



**S**enior Emily Dobbs checks in new merchandise at Coach House Gifts. Many students worked to earn extra money after school and during the summer.

**S**ome sophomores gather in the new media center to chat during a free period. The media center provided a much needed refuge for students, much like a coral reef is to fish.

Teacher Adam Callanan





**T**hese juniors went for a picnic as an alternative to prom. Picnics and other outdoor activities are always popular, but many students didn't get outside much this spring due to the rainy weather.



Seniors Ujjaini Mitra and Gabe Padilla talk with Caleb Polashek, son of orchestra director Mary Kay Polashek. Mrs. Polashek held an end of the year celebration for her seniors.

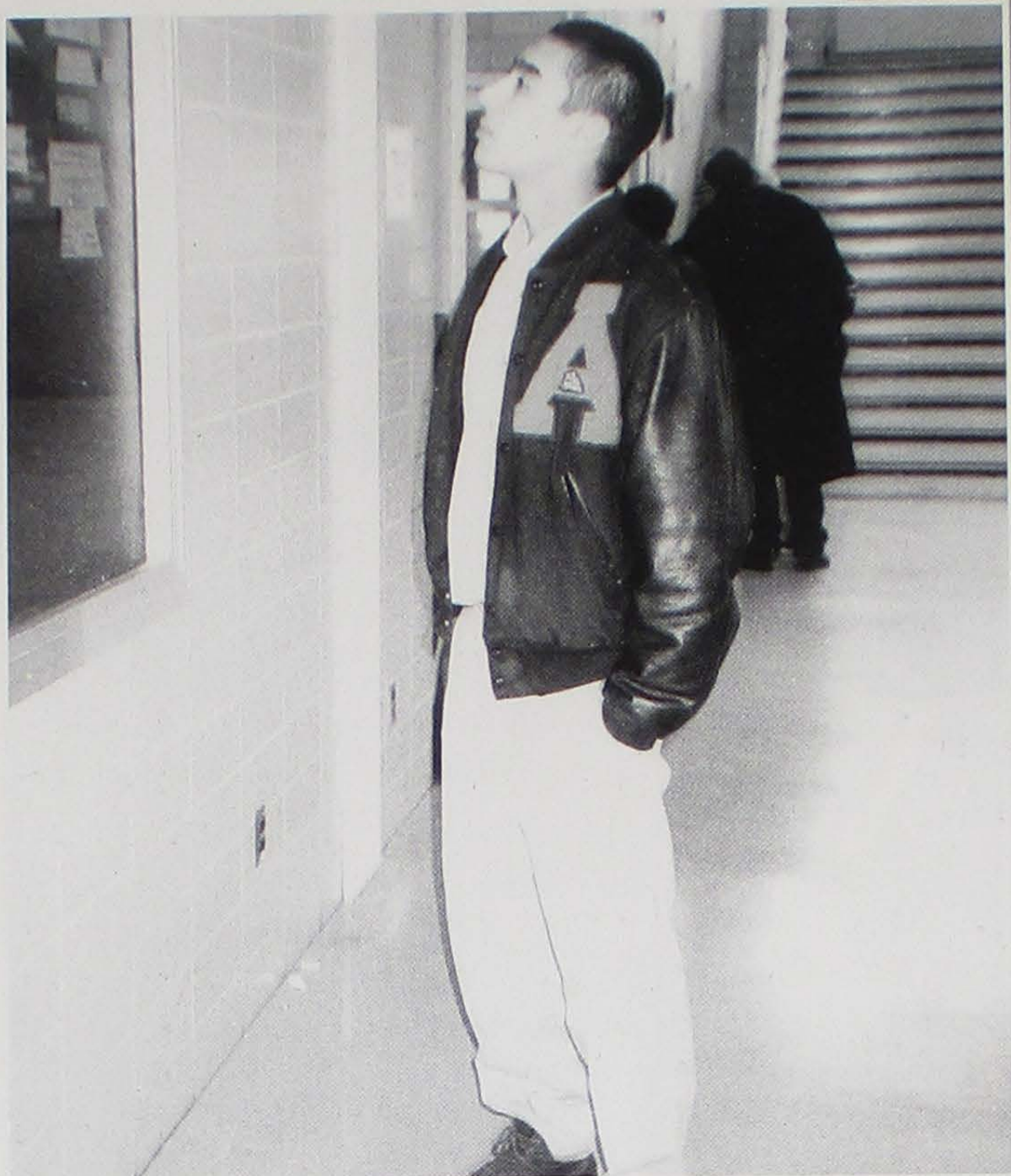
On a Friday night, seniors Naila Meyers and Matt Peterson, sophomore Mark Anderson, seniors Sara Stolmeier and Emily Silet, and junior Michael Morain got together with two German exchange students to watch *Babe*. Many students opted to rent a movie since going to the movies can be quite expensive.



Katie Finn & Chris Hoffman

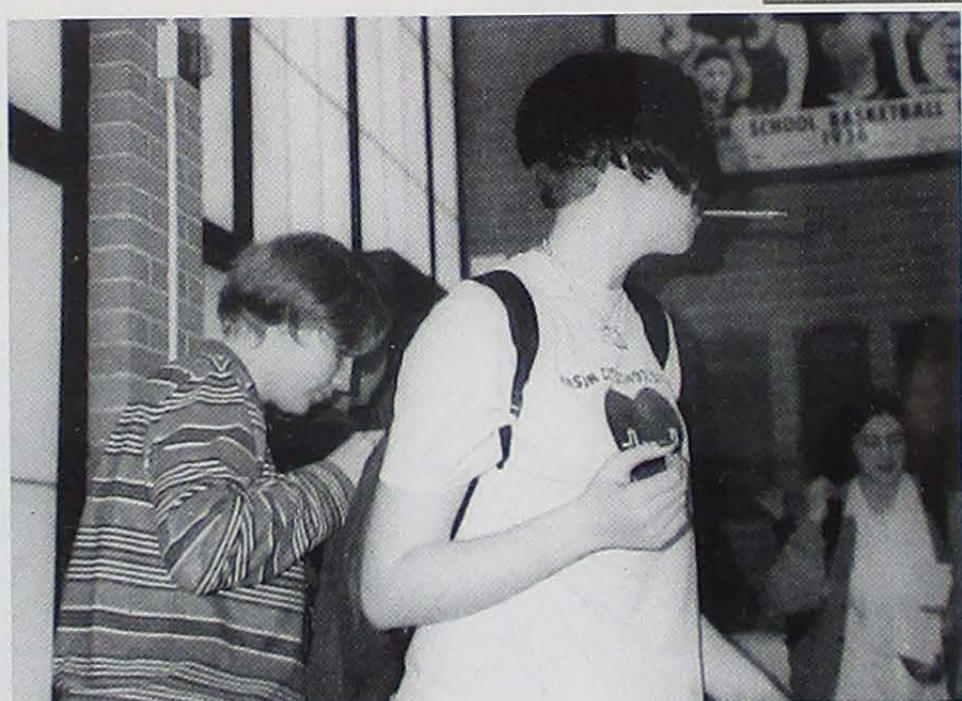


**J**unior Hosanna Hanson dresses in a classic style. "I prefer the more conservative look. Eddie Bauer is my favorite store to shop at, since their clothes are conservative," Hanson said.



Lori Bate

**S**enior Sevon Cole uses his letter jacket to complete his classic ensemble.

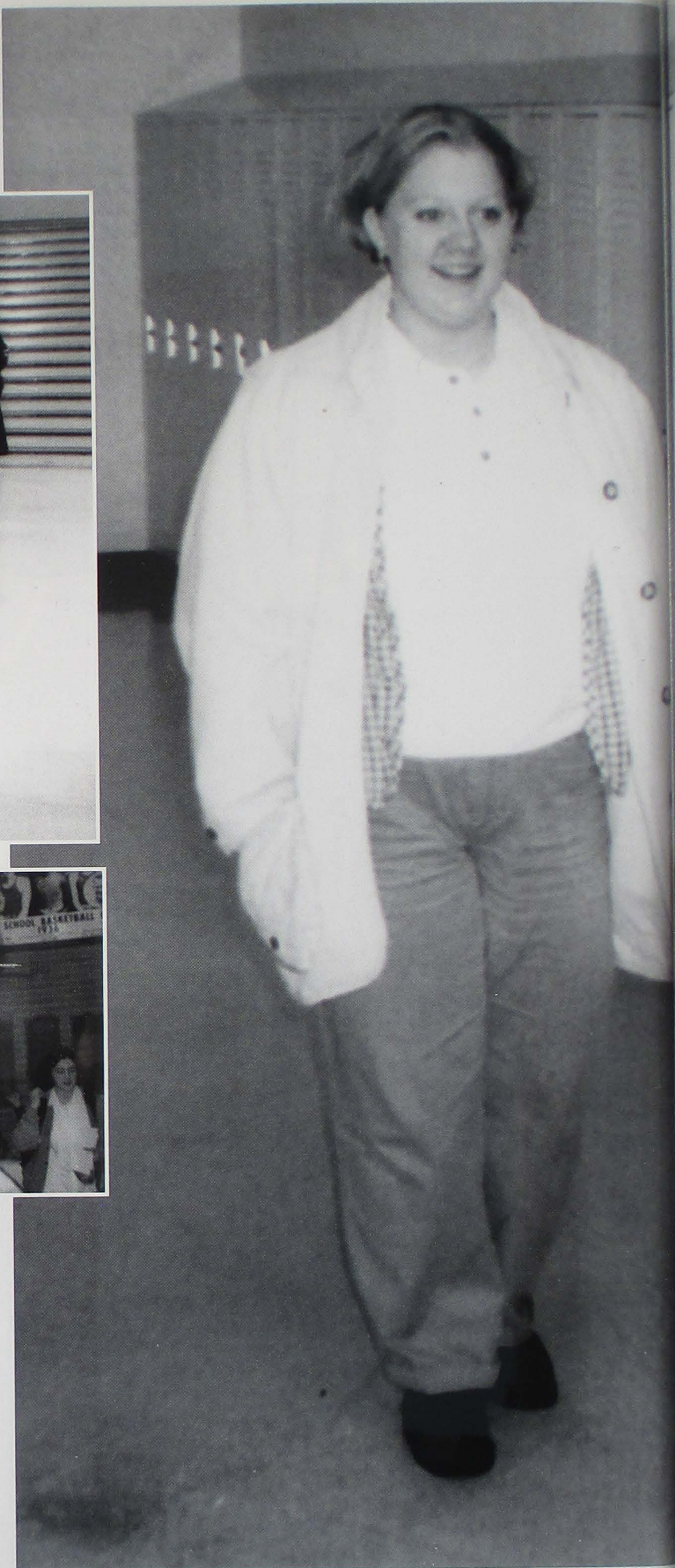


Lori Bates

**S**ophomores Andrea Holst and Kelly Montgomery dress to please themselves, not others. "I am what I am and if someone doesn't like it, they must deal with my mom.....she's the one who picks out my clothes." Holst said.



Senior Charity Roberts





# Outside and Inside

It's that horrible time of day again. No one can escape it. Morning climbs slowly out of darkness, and the inevitable strikes. The alarm goes off and that means it's time to get out of bed and go to school. Hopefully the students do a few things before they come to Ames High, like getting dressed. The less complicated the clothing, the better.

"Well basically whatever floats my goat is fine and dandy with me in the morning. I like whatever Chuck Norris would like," senior **Chris Allen** said.

Comfort seemed to have a big impact on students and their choice of clothing. It didn't seem to matter if other people like it or not. Students are dressing to their taste and not someone else's.

"I choose my clothes mostly on

comfort and I try to remember what I'm doing that day so I can dress accordingly. My clothes reflect me and show my personality," senior **Cassie Clyde** said.

Clothes are a very important part of a person's life. They reveal to another person who we really are. Sometimes students do make efforts to wear different styles of clothes.

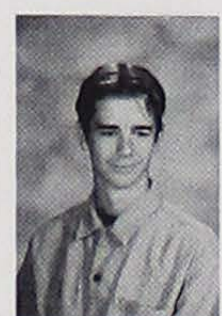
"My friends definitely influence me on my clothes. I usually wear things that they don't wear because I want to be unique, my own person," sophomore **Dawn Tesdall** said.

The clothes a person wears on the outside tell of the person inside. Whether people like comfort, being unique or just plain like clothes, it's nice to know that everybody wears them.

What strikes first, the look or the comfort? by Vanessa Kuo

What is your favorite brand of jeans?

"Levi's, because they are tough and they fit."—junior **Karen Olson**



"Levi's because they fit."—sophomore **Todd Schweikert**



Photo by Lori Bates

An outfit is not complete without the shoes. A wide variety of shoes walked the halls of Ames High. With their bright colors and unique forms, the shoes caught the attention of the students.

Photo by Lori Bates

Senior **Jamie Horst** enjoys a unique style of dress. Many students did not like the current fashion trend so they started their own.

Photo by Lori Bates



Sophomore Wendy Magadza



Sophomore Eddie Thomas flies off into the snow after his sled hit a bump. Students took advantage of the many inches of snow by going sledding.

Seniors Maggie Staudt, Zach Greenwood, and Matt Smelser attempt to build a snowman in the courtyard. "It was really nice outside so we decided to go out and play in the snow," Greenwood said.



Photo by Jessica Pohlman

# Let it Snow

Students made the best out of bad weather

by Kristi McConnell

First there was a white-out. Then blizzard-like conditions. Record lows followed a week later. Students had a range of feelings about these snowy weather conditions.

For art and AP Western Civilization students on the Chicago trip, the snow storm forced an extra night.

"We weren't able to stay at the museum as long as we had planned," senior **Gretchen Guffy** said. "Instead we had to go to a dumpy

Super 8 and leave the next morning."

Students were given extra long weekends on several occasions because of the weather. This meant time to enjoy the snow and catch up on sleep and homework.

"I slept all of the days," freshman **Bob Myers** said.

The snow and cold caused some inconveniences and problems, but it provided students with a welcome break from school.

Junior Phil Duple







Photo by Lori Bates

**J**uniors David Jeong and Nate Jones play a game of cards to pass time in a motel room. "We stayed in Aurora and we couldn't take it anymore, so we played cards and wrote songs," Jeong said.



**J**uniors Chad Mortensen, Cheri Kruger and Dan Ehresman prepare to go sledding. "It's all fun and games until someone gets hit in the mess," Mortensen said.

How did you make the best of the snow?

"My friends and I built a snowman using bite-sized Snickers and candy canes." —junior Jason Foster



"After the big blizzard, I bundled up and played in the snow." —sophomore Laura Triplett



Junior Elton Wong

Photo by Jessica Pohlman



**J**unior Samantha Mills hands an apple to a senior citizen during the holiday visit. "I really enjoyed going to the nursing home," Mills said. "It was nice to help people out."

**J**unior Denise Mix shares an apple and holiday cheer with a resident at a nursing home. "I had a lot of fun, but it made me miss my grandma," Mix said. "I think we spread our unique and joyous cheer."



## How would you spend lottery money?



"I know that there are a lot of people who need the money more than I do, so that is why I would give more away."  
— **Sophomore Brenda Jones**



"I would take my friends on a cruise around the world, especially Lori and her sister."  
— **Freshman Nick Myers**

**J**unior Lindsay Carey helps Santa hand out gifts. "I enjoyed going to the nursing home because it makes them so happy," Carey said. "You can see it in their eyes. It gives you a feeling of self worth."



Soph. Shannon Smith







**S**eniors Angie Gabrielson and Sarah Chaplin and juniors Chris Tuttle, Uri Kogan, and Michael Morain perform at the nursing home. The chamber singers provided entertainment for the elderly and other members of the community.



# A Helping Hand

Students gave their time to benefit others

by Kristi McConnell with photos by Audra Slocum

**B**etween school work and extracurricular activities, students found themselves with little time. Some students were willing to give their time to help others. Ames High offered many opportunities for students to volunteer their services.

Student Council started a volunteer program this year. Cleaning up a part of the highway was one of their many projects.

"A city official took us back and forth on a strip of highway in his truck," senior **Analia Smith** said. "You don't notice all the litter. We found parts of tires, air conditioner filters, and big buckets. It was really cold, but it

ended up being a lot of fun."

As in years past, a group of students visited several Ames nursing homes before winter break. The volunteers sang and gave gifts to the senior citizens.

"Singing at Riverside Manor and North Grand Care Center was a very rewarding experience," junior **Marc Scholten** said. "It was fun spreading some holiday cheer and meeting the people at the places we visited. I had a great time."

Those who lent their help to volunteering found that it was not only satisfying to serve others, but it was also an enjoyable time.



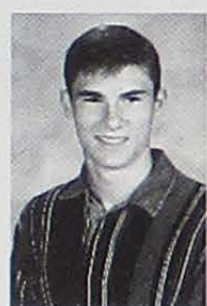
Freshman Nate Troxel



# From here to there

Students found that by having a vehicle, freedom is ensured by Vanessa Kuo

What do you think of the Batmobile?



"It is a cool car because it has shields that go over it."—sophomore **Rachel Randall**

"It's the ultimate babe mobile. It sure would come in handy for my dates."—senior **Chris Devens**



As the students of Ames High embarked on a new year, they found themselves a year wiser, a year older, and in some cases, one who has a car.

Many students have always dreamed of getting their own cars, but they know that sometimes that just doesn't happen. So the students have to find other means of getting to school.

"My sophomore friends give me a ride to school," freshman **Nick Rahfaldt** said. "They are a year older than me, which is kind of cool since they can drive, but it also kind of sucks. Walking to school from the streets to school is kind of bad, but not really."

Driving to school had many ups and downs. Being a junior

or a senior and driving to school is extremely advantageous, since they are able to park in the parking lot. Whereas sophomores and freshmen are stuck parking in the streets along the school.

"I drive this year, I drove last year too," junior **Matt Shimkus** said. "It's so much nicer not having to park in the streets, especially in the winter. You have to walk three-fourths of a mile, through six feet of snow, uphill both ways, with a backpack, just to learn. I think they should have had a shuttle service from the streets to the school and back."

Whether having to park along the streets or in the parking lot, it was the concept of freedom that counted for most of the students.



Lori Bates



Lori Bates

Some students without cars use Cy-Ride as an alternate way of transportation. Though it didn't provide the freedom and convenience, it still got anyone from here to there.

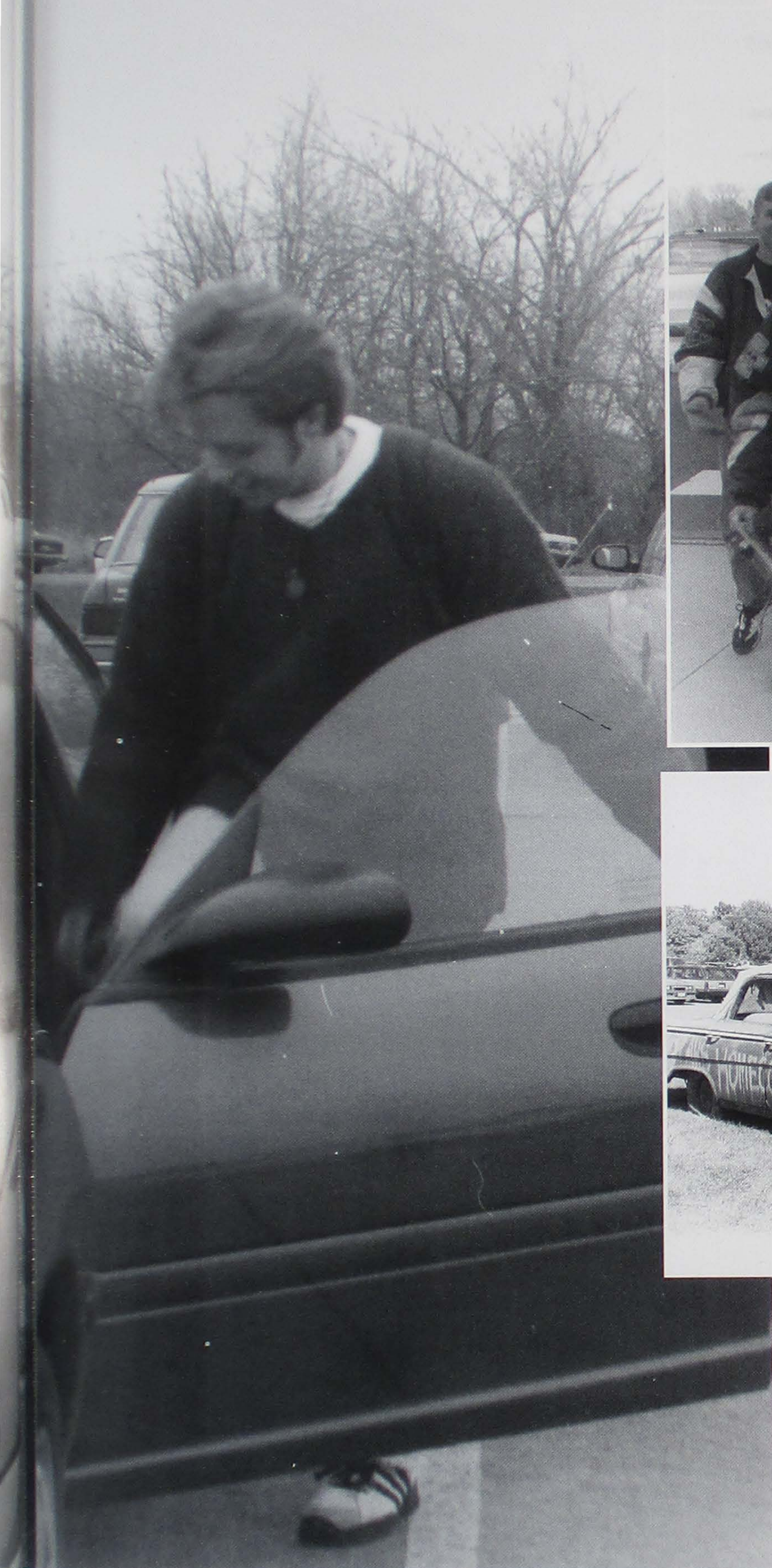
Despite the freedom that came with owning a car, students often found themselves stuck giving friends and siblings a ride.

Senior Michelle Hunziker





Sometimes not having your own car is not a problem. Junior Jon Coy, for example, doesn't have his own car. Instead, he likes to sample other people's cars. "It's fun to drive cars, especially when they're not yours," Coy said.



Lori Bates



Lori Bates

Walking from the parking lot after being dropped off, these four friends, sophomores Amanda Sally, Kate Walquist, Kim Mogard and senior Chris Johnsen enjoy a conversation.

Even though this car, which was out on the lawn in front of the school for Homcoming, is not up to par, it still provided the students with some enjoyment.



Junior Melanie Mickleson

Lori Bates



**S**opomores Beth Gardener and Michelle Marvick not only share a friendship but a rice cake as well. Rice cakes have been becoming more popular and the variety in flavors have also been increasing. There is anything from cheddar to chocolate available in stores.



Photo by Kristen McGeeney

**S**ophomore Emily Stolmeier has some baby carrots for lunch, outside on a rare nice day. Baby carrots are one of the most liked vegetables amongst students.



Photo by Audra Socum

**J**unior Rosalind Scanes munches on a cereal bar. Cereal bars was a convenient and nutritious snack for those on a fast track.



Soph. Jeremiah Schultz





# A healthy choice

**A** moral choice, a health choice, or a conscience choice? What was the driving force behind the students in becoming vegetarians? What persuaded the students to give up steak, fried chicken and hamburgers?

For meat lovers, giving up meat can seem like something unattainable, but for vegetarians it is a matter of necessity for their conscience being.

"I became a vegetarian when I was five because I couldn't stand the thought of eating animals, especially if I could live a healthy life without it," senior **Adam Shriver** said.

In many ways, vegetarianism is a more healthful and less wasteful way to live. Now that it is not necessary for humans to consume meat, people should try and eat less of it. Back in the cave man ages, the reflex was just to hunt and kill animals. However,

times have changed, and people have become more aware of the benefits that came with vegetarianism.

"It's easy to eat meat, but if you think about what you are doing, you come to a gradual realization about morals," said junior **Melissa Poague**. "If you don't have the guts to kill the animals that you're going to eat, then you are being hypocritical."

Although becoming a vegetarian can have its drawbacks, it also has its good. Not only are vegetarians being good to themselves, they are also saving the lives of animals.

"I was only eight when I decided to become a vegetarian, so it may have been just to get attention, but I realized it's a less wasteful way to live," senior **Phoebe Silag** said.

Whatever the reasons people had for becoming vegetarians, it was a healthier way to live.

What reasons drove students away from meat?  
by Vanessa Kuo

What vegetable is your favorite?



Photo by Lori Bates

**S**ophomore Ashely Brock enjoys her baby carrots at lunch. Brock, a vegetarian, says, "It's no different from other diets. I just don't believe in eating animal parts."

Photo by Kristen McGeeney

**A**nimal cookies are not just for kids. Sophomore Margo Levine enjoyed a few lions, elephants, and bears before class started.



Photo by Kristen McGeeney

"Carrots cause they're yummy, but plumpers are no good — junior **Jennifer Sargent**



"Asparagus cause it is good for you. — sophomore **Amber Weiers**

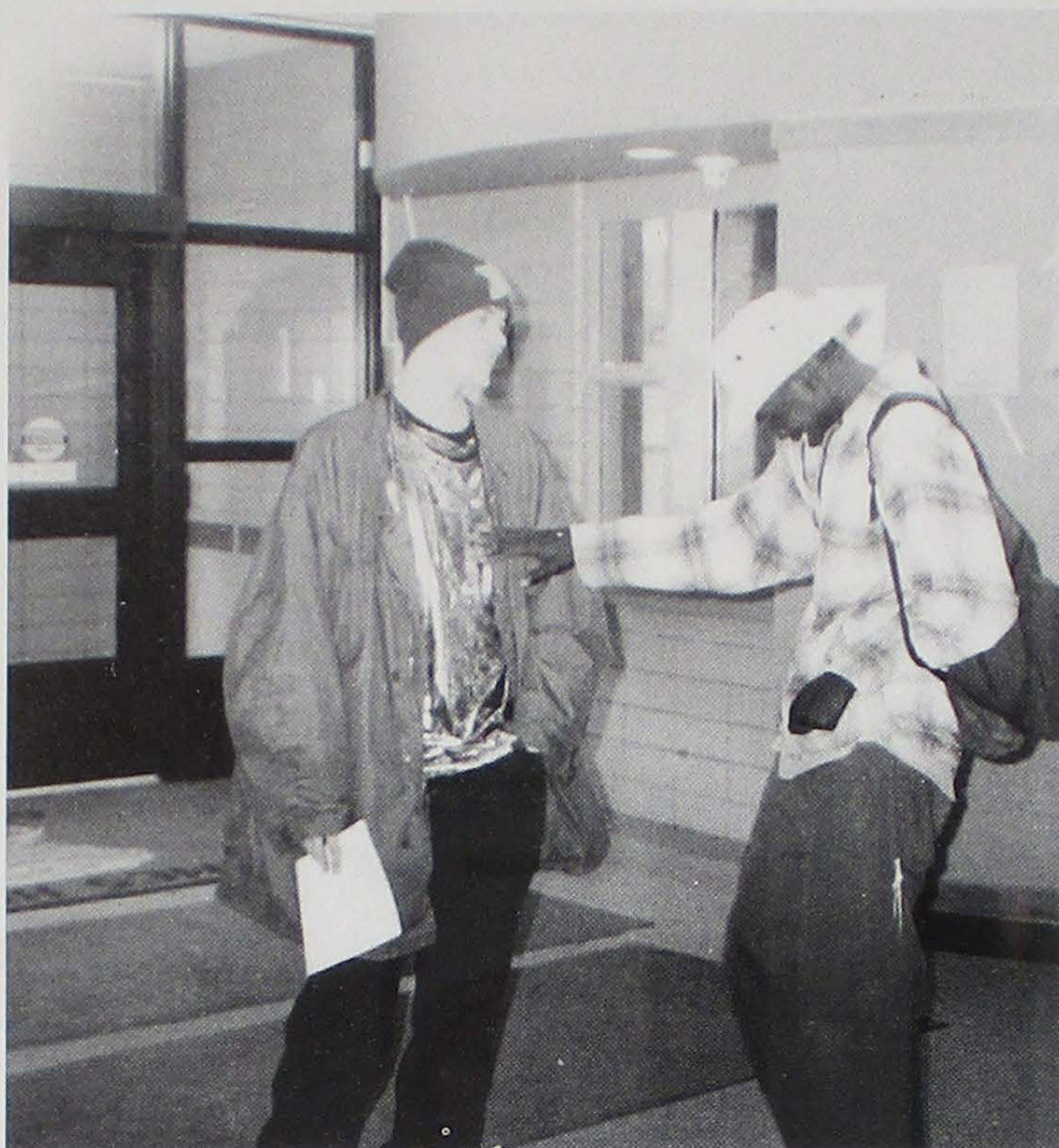


Sophomore Bri Magel



The entrance and exit of Ames High was a way to get away from it all, but seniors Bill Pendry and Moses Leuth took time to say "hello" to each other. No matter how great the need to leave, there was always time for a conversation with a friend.

With the help of caffiene, these five friends get into a friendly argument. Junior Jason Foster makes his point while Junior Corey Beck counters. Juniors Marc Scholten, Jon Coy, and Jon Titus looked on.



Lori Bates



# Attached

The ties that bind friends together.

By Vanessa Kuo

A bare necessity of life is a friend, in many cases, lots of friends. One cannot go through life without having someone to talk to, to cry on, to share laughter with, or just to complain to. But how exactly did people become friends?

"Friends are people who can help you laugh when life gets tough. They're there when you need them and if they can whistle really loud—hey, that's a bonus," junior **Michael Morain** said.

It seemed like humor and laughter was a big part of requirements for a friend. A friend-

ship without laughter is non-existent. Although laughter is not the only component in a healthy friendship.

"The people who are going to be my friends have to be nice, have respect for one another, have things in common with me, and they have to care for each other," sophomore **Amb Erickson** said.

Friends not only provided support, laughter, and tears, but also friendly competition.

"We compete a lot in classes, sports, and a game of pictionary can mean all out war," Morain said.

Junior Justin Eckard







Vanessa Kuo

**S**eniors Carrie Christianson and Sarah Sienknect prove themselves to be buff. Not only were they strong individually, but they also had a strong friendship and showed themselves to be true friends.



Erin Wentworth



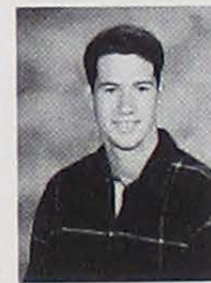
**J**unior Josh Sacco expresses his complaints to junior Max Hiland. Friends provided an outlet for the stresses of life. They listened with a sympathetic ear and related, since they were probably going through the same deal.

## Who is your favorite "Friends" character?

"I like Chandler because he is really snappy and he always knows what is going on." — **senior Symantha Miller**



"Rachel and Monica cause they are hot!" — **junior Brent Antisdel**



Sophomore Dawn Tesdall



**S**enior Emily Silet sings along to her favorite songs while driving in her car. The new alternative radio station 107.5 KKDM was a hit among Ames High students.

**S**ome Ames High students gather on a Thursday to watch "Must See TV" on NBC. NBC was a hit this season with shows like *Friends* and *ER*. Television gave students a chance to relax, although many were too busy to find time to sit down and watch it.

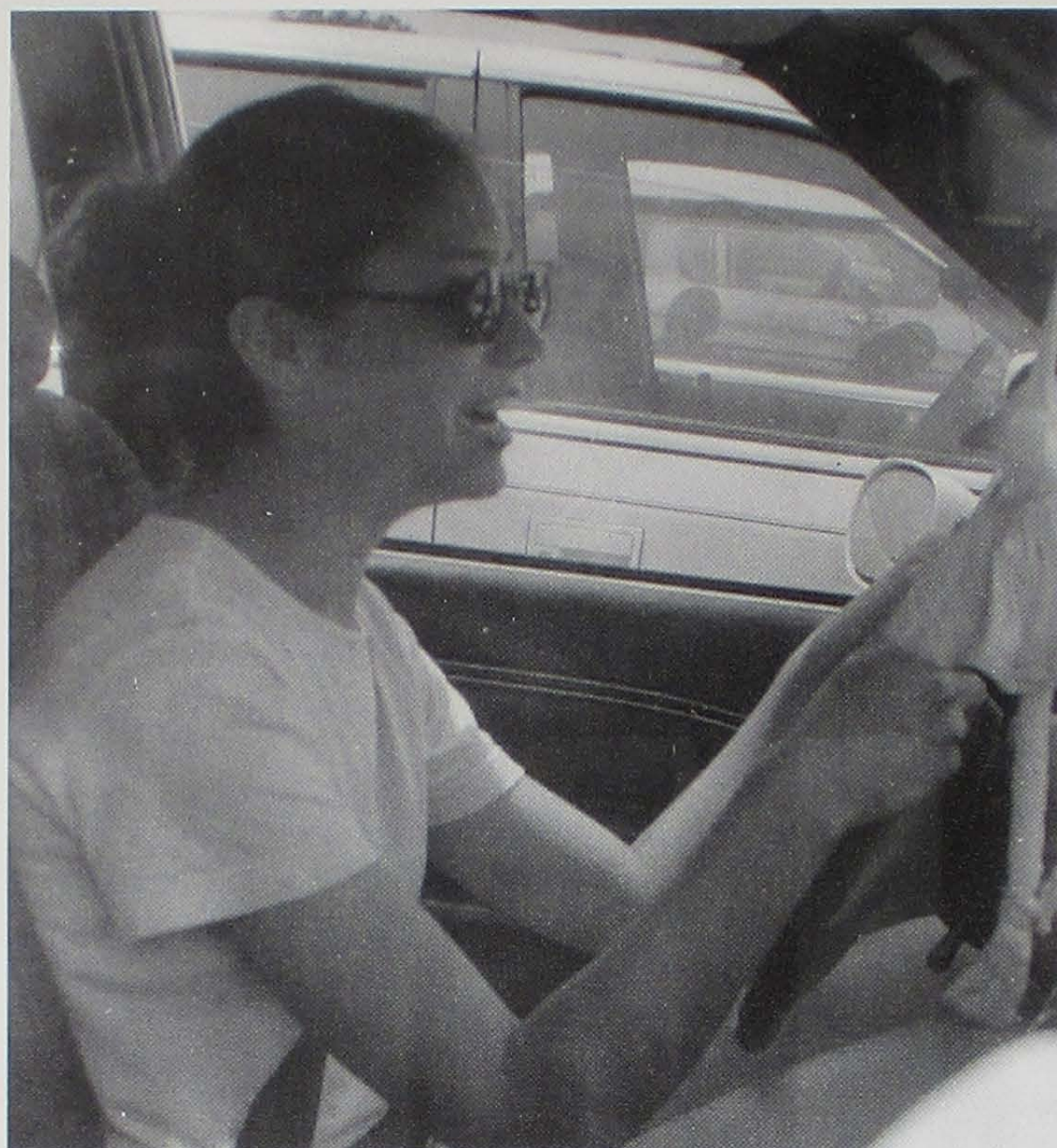


Photo by Steven Chang



If you could be any character on TV, who would you be?



"Mark Green from *ER* because

I want to use the defibrillators to shock people, and I'd be really cute."

—sophomore  
Katie Geha



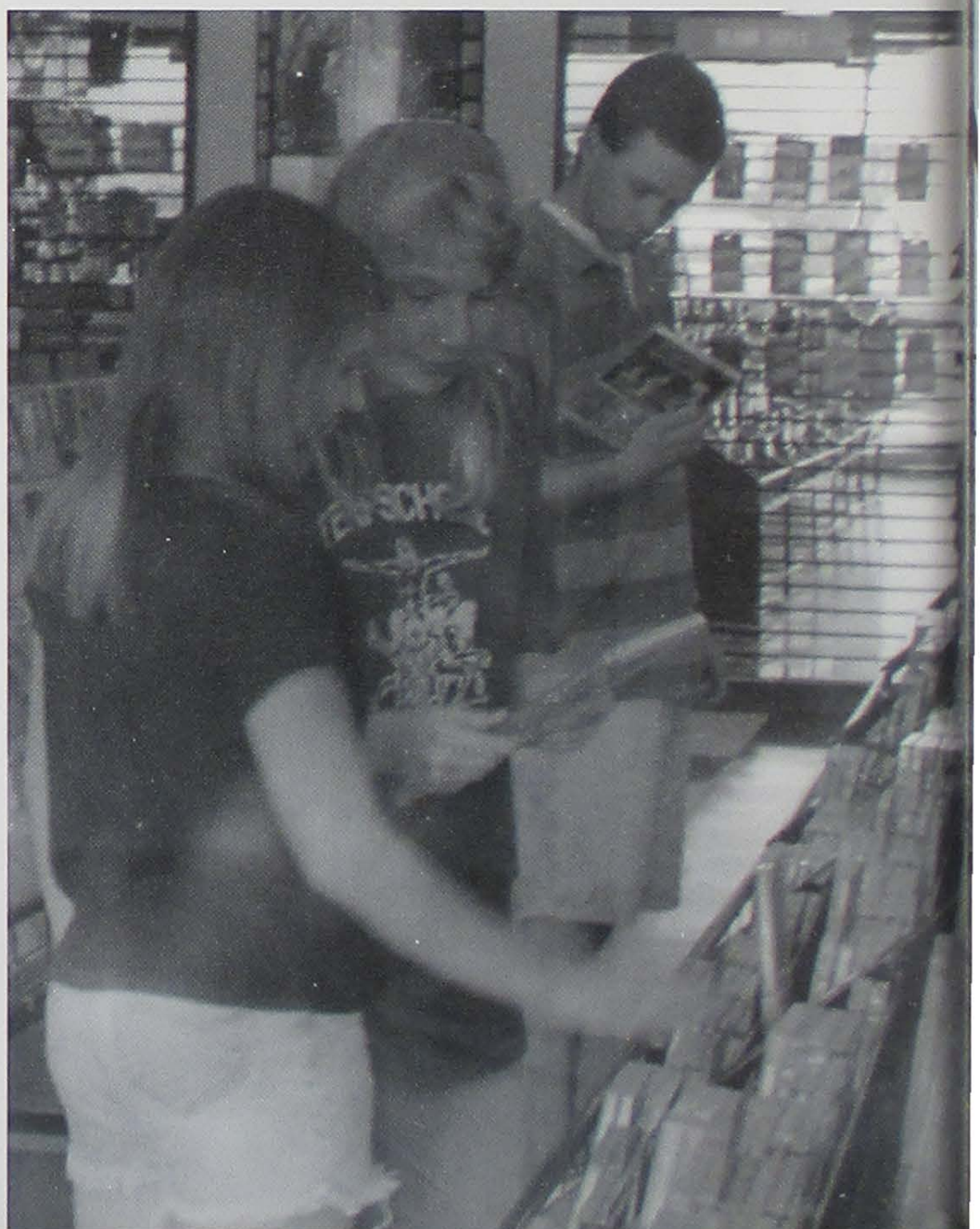
"Wakko on *Ani-maniacs* because

he is the funniest cartoon character ever conceived."

—junior Ryan  
Kelly

**S**eniors

Megan Stegge and Dan Alexander, and freshman Samantha Wheeler check out the cds at Coop Records. Music was an important part of students' lives. Many students attended concerts such as REM, Bush and Natalie Merchant.



Sophomore Kara Greiving





## Favorite TV shows of '96:

Seinfeld  
The Simpsons  
ER  
Friends  
Mad About You  
Ellen  
The Adventures of Scooby Doo  
The X-Files  
My So Called Life  
Star Trek Voyager  
Lois and Clark  
Picket Fences  
Frasier  
Rosanne  
Grace Under Fire  
Politically Incorrect  
The Real World  
Home Improvement  
Dateline NBC

Photo by Steven Chang

Senior Ben Stahly displays his large collection of laser discs. His collection includes titles such as *Golden Eye*, *Robin Hood*, *The American President* and *Get Shorty*. "I live for the entertainment and escape that movies provide," Stahly said. Stahly's love for movies even extends to his job; he works at The Mall Theaters.



Photo by Steven Chang

# Mad About... Hootie?

Must see TV  
Must hear music

by Steven Chang

The 1995-1996 television season saw the return of many shows from the previous year. Comedies such as *Ellen*, *Friends*, and *Seinfeld*, along with dramas, i.e. *ER* and *NYPD Blue*, emerged as the favorites. Shows such as *The X-Files* and *Politically Incorrect* have also attracted a great number of followers.

"I like *Politically Incorrect* because you can't see Bill Mahr point at the camera and say 'we have to take a commercial break' too many times," junior **Travis Nichols** said.

One show that did not make it back this season, despite tremendous viewer support was *My So Called Life* (reruns on MTV).

"I Started a petition to try to keep the show from running, but that didn't work," junior **Emily Mize** said.

In 1995-1996 new artists Hootie and the Blowfish and Alanis Morissette were among the favorites, as were groups such as REM, Pearl Jam, and Boyz II Men. Some students preferred something a bit out of the ordinary.

"One of my favorite groups is The Bare Naked Ladies because they're like no one else. They have lyrics that are really strange and clever. They're fun—that and I like their name," senior **Emily Myers** said.



Junior Jason Foster



# The Giving Fever

Students  
catch the  
spirit of  
helping  
others

by Kristi  
McConnell

Which fundraiser activity was your favorite?



"The I-Ball game because I thought it was hilarious watching teachers play basketball." — junior Naomi Lohr

"I liked the basketball game because it pitted the rule enforcing teachers against the rule stretching kids" — junior Alan Hertz



Soph. Dan Murray



Video games, talent shows, bake sales, Mr. Heartthrob, study hall buy-outs, and caroling were all a part of this year's fundraisers. Student Council coordinated two major drives: Winter Madness and Welfare Week. Through the fundraisers, students were able to have a good time while contributing to an important cause.

"Winter Madness and Welfare Week are good examples of what Student Council tries to accomplish with the help of the student body," freshman Nick Myers said.

During Winter Madness, students brought in cans of food for needy families. Students found that contributing a little could help a lot.

"The last two years I had

brought in a few cans for the food drive, but this year I wanted to do more," junior Jenni Stevenson said. "With help from my family, neighbors, and a donation from Save-U-More, it was easy to collect a lot of food for a good cause."

Welfare Week offered ways to participate in giving. The week was filled with activities each day that raised money for the Boys and Girls' Club of Ames and ACCESS.

"Welfare Week is great because it's an easy way to get my parents' money that I can spend on activities, and it's for a good cause," sophomore Kara Greving said.

Both fundraisers offered students a way to give back to the community. With a variety of activities, students were bound to find a way to get into the spirit of the week.



Jason Rearick



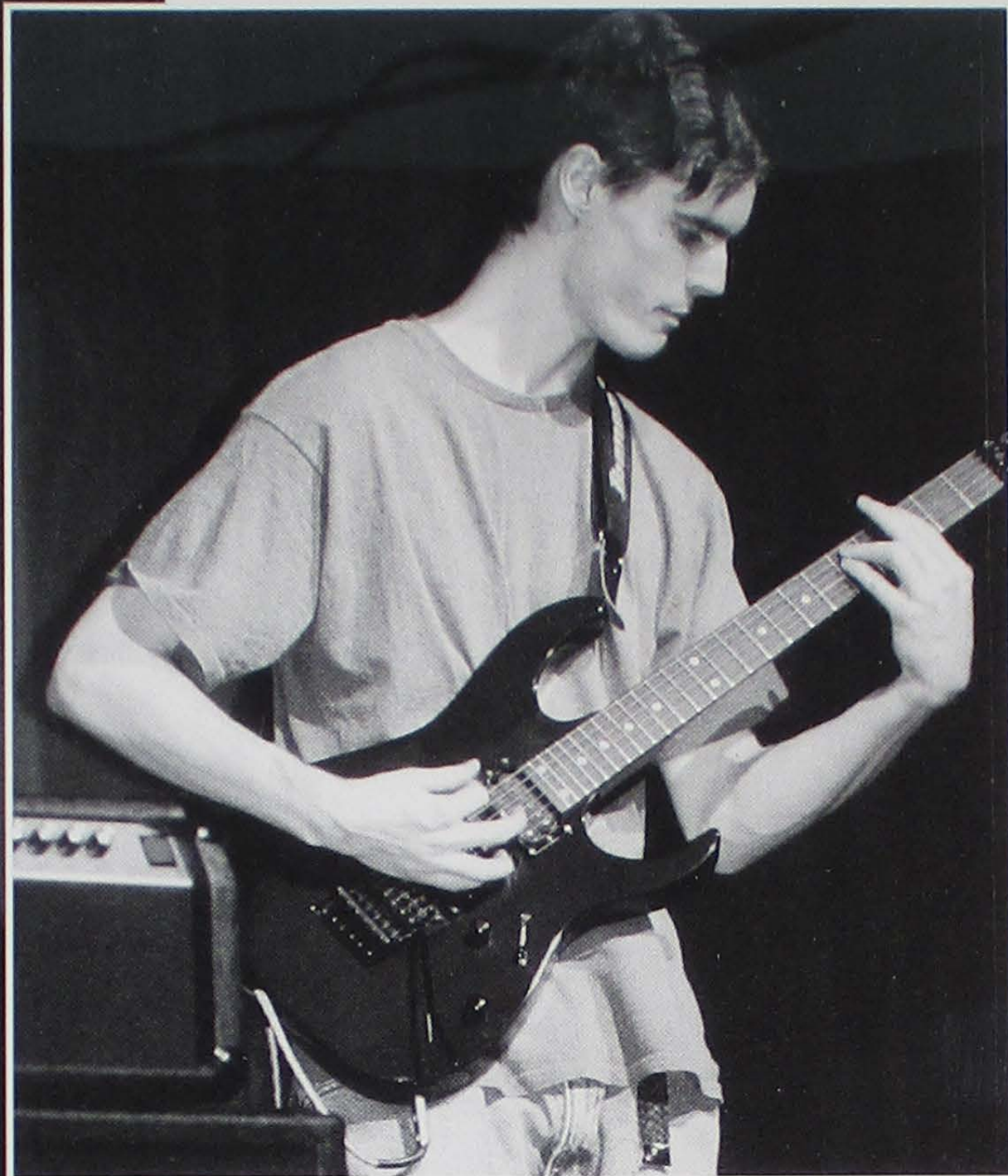
Jessica Pohlman

Senior Wes Payeur sells cookies to raise money during Welfare Week. The bake sales were a way for students to benefit while giving to a good cause.

Seniors Frank Hassel, Mike Popelka, Chad Curtis, Patrick Inglett, Akash Giri, and Richard Morrison were the participants in Mr. Heartthrob. This is an annual event during Welfare Week.



**S**eniors Akash Giri and Darci Horton take part in the Mr. Heartthrob contest. Giri said of his favorite part of the performance, "I liked the rock."



Jessica Pohlman



Jessica Pohlman

**S**enior Chad Curtis receives a little help from Chris Allen in his skit. A skit was one of the ways the contestants were judged.

**J**unior Keith Kelley plays his guitar in the talent show for Welfare Week. The talent show was one of the many ways students could become involved.



Junior Joel Skrdla



Jessica Pohlman



**J**unior Ryan Greenlaw twirls under freshman Sarah Kitchell. Many showed their own variations and styles of dance.



Senior Julia Muljadi and her date enjoy a slow dance. The night's music was a mix of fast and slow songs.



**A** crowd of prom goers take part in dancing and socializing. By the end of the night, the dance floor was full.

Sr. Jennifer Hallihan





# An Evening in the Park

It was far from an ordinary Saturday night. It was a night filled with music, dancing, pictures, and fancy clothes. The junior senate organized "An Evening in the Park," which was yet another successful prom.

Students agreed that seeing their friends having fun and dressed up was one of the many highlights of the night. For those that thrived in jeans, dressing up provided a dramatic look.

"It was cool seeing everybody having fun and goofing off," sophomore **Dan Braun** said. "It was neat seeing people dressed up."

"I liked seeing my cool friends and breaking it down in the g-funk," junior **Beth Foote** said.

After prom also proved to be a time full of activity. The junior senate members also organized this,

along with a lot of help from parents. Students took part in bowling, pool, and card games. Later in the night there were drawings for prizes ranging from gift certificates to colored televisions. After prom was not limited to just those that attended prom, but also those juniors and seniors that chose not to go. After prom offered the opportunity for anyone to become part of Prom 1996.

"The after prom was fun. The food was really good," senior **Sara Stolmeier** said. "I won a lot of money."

With the money that students won, they were able to purchase various prizes ranging from shampoos to "Where's Waldo" puzzles.

Everyone who attended found a way to become a part of the Prom spirit.

Prom  
1996  
proved  
to be  
another  
night to  
remember.

What did you  
like best about  
after prom?



A group of friends take a break from dancing. This allowed students to combine dancing and socializing.

Junior Amy Van Slyke and sophomore Zach Keller wait to get on to the dance floor. "I thought the it went by too fast," Van Slyke said. "But the decorating was cool because we got to set them up."



"There was a lot of fun thing to do - gamblinglike blackjack and Roulettes." — junior **Eric Miller**



"I liked bowling the best. I spent most of my time doing it." — freshman **Kathryn Polking**

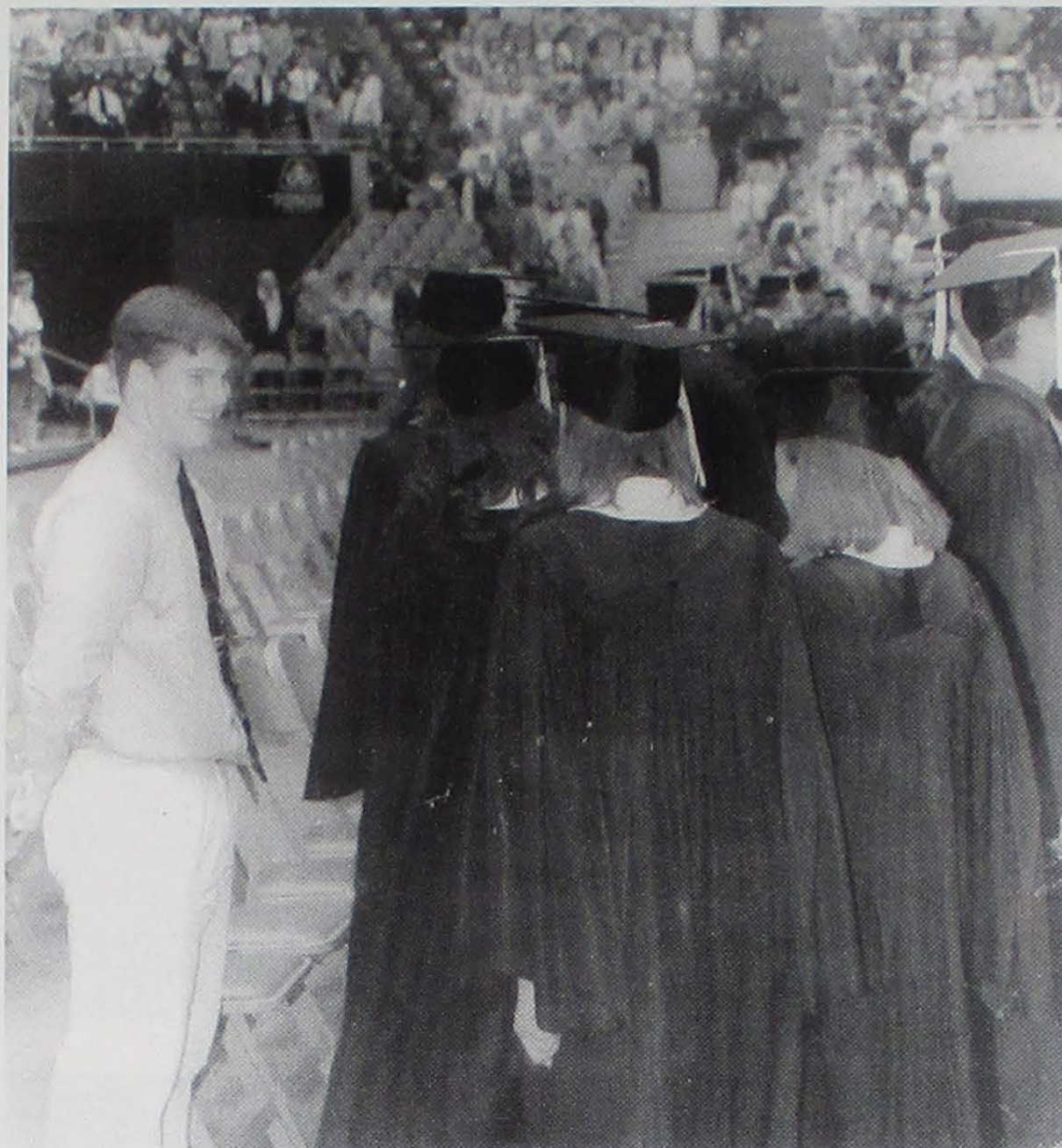


Junior Jake Bullock



**G**iving an encouraging smile to a pair of seniors during the playing of Pomp and Circumstance, junior Drew Hamilton does his job as a graduation usher. Along with being ushers, several juniors were recruited to hand out carnations to the boys and roses to the girls.

**D**elivering her commencement address, senior Amalia Smith urges her classmates to remember the past, but to look forward to the places they will go in the future. Senior speakers were chosen by the Senior Senate through an interview process during second semester.



Jason Rearick



# One last fling

Graduation was a time of beginnings and endings

by Robyn Epstein and Sam Grotewold

**G**raduation /graj-e- wa-shen/: the ceremony marking the completion by a student of a course of study at a school or college. **Commencement** /ke- men(t)s-ment/: an act, instance, of time of commencing.

It is interesting that these two words, which are both used to describe the same act, hold such entirely different meanings. Did Ames High's 331 graduating seniors see the end on May 23 at Hilton Colesium, or did they greet the beginning?

"I have been waiting to graduate for nine

months," senior Amy Olson said. "Now that it is over I know I will miss everybody, but I am ready to be on my own next fall."

Even though most seniors have spent the last four years together, graduation proved that even on the last day, there were still people to meet.

"I met people I didn't even know were seniors," senior Audra Slocum said. "And I finally found out who Mrs. Jons was."

As the graduate's hats went into the air, it was a wonder nobody got poked in the eye.

Senior Robyn Epstein







Jason Rearick

**H**aving just received his diploma, senior Scott Thompson descends down the stairs and is given his carnation. This year's graduation marked the beginning of many new traditions, such as the changing of the tassels from right to left as a group instead of individually.



Jason Rearick



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Seeing  
You." Sev-  
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graduating  
seniors  
were  
members of  
the  
choir.

## What did you think of graduation?

"The  
speak-  
ers  
were



wonderful and I will  
miss the class of  
1996 a lot."

—sophomore  
Katie Milleman

"It was  
exciting  
to see  
my



brother graduate  
knowing that I will  
next year."

—junior Michael  
Chang



Senior Sam Grotewold



**J**unior Erica Wehner enjoys herself in a congo line at the Homecoming dance. The dance provided a night where students could gather with their friends in semi-formal environment to make new memories.

**W**ith the money raised from Welfare Week, Ames High students helped the Boys and Girls Club and A.C.C.E.S.S to provide the community with their service. Humorous memories, such as Mr. Heart-throb, were made during the week's planned activities.

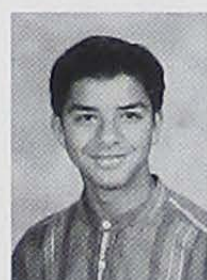


Julie Tosten

What was your favorite year in school?

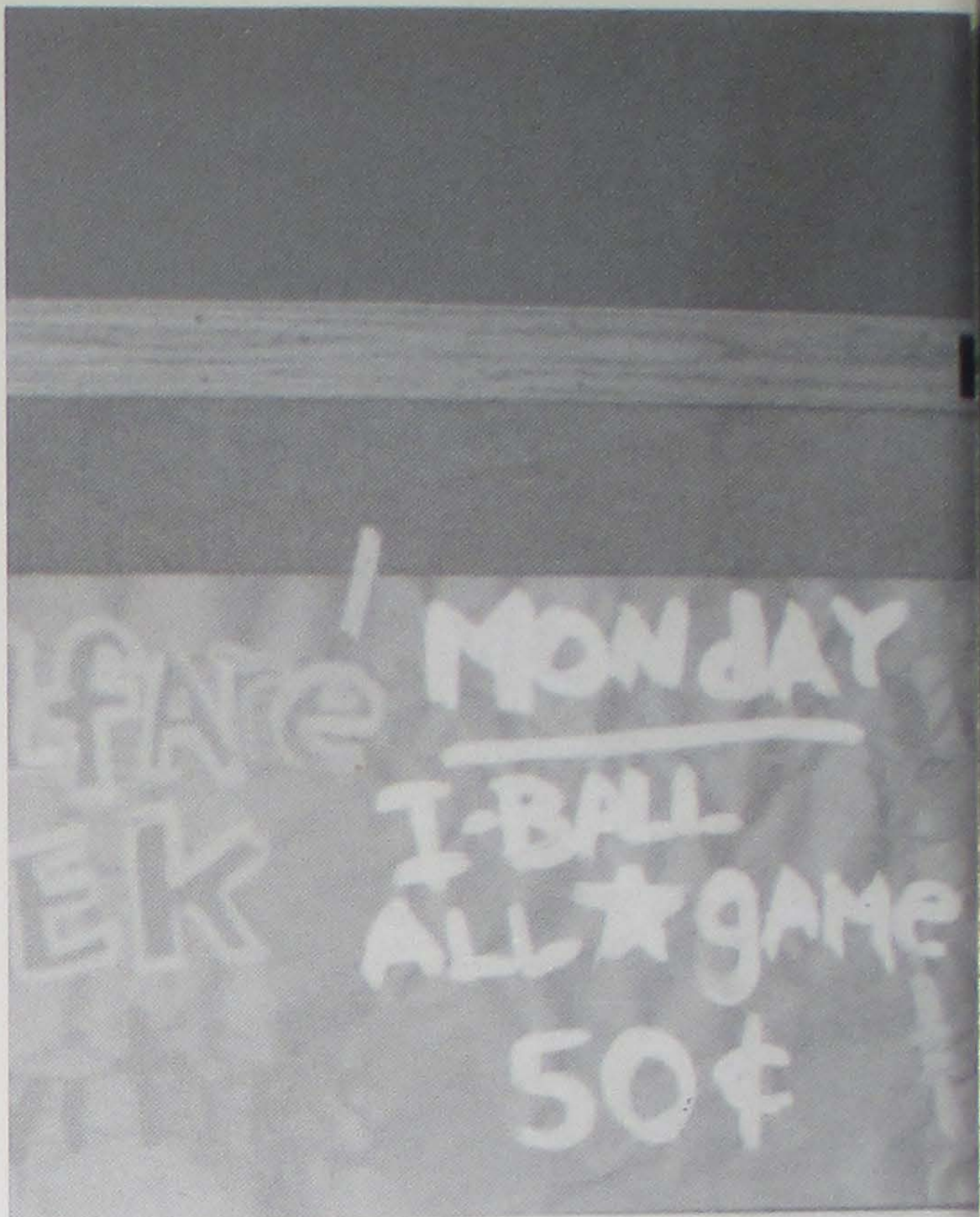


"Ninth. You get to meet everybody and there's more to do." — freshman **Julie VanSlyke**



"My Junior year because chaos breeds creativity." — junior **Nishant Parulekar**

Making memories together, Juniors Anthony Hartman, Sam Mills, Alyssa Speck, and Hosanna Hanson spend their prom night at J-4 rollaway. Friends helped make memories on a memorable night.



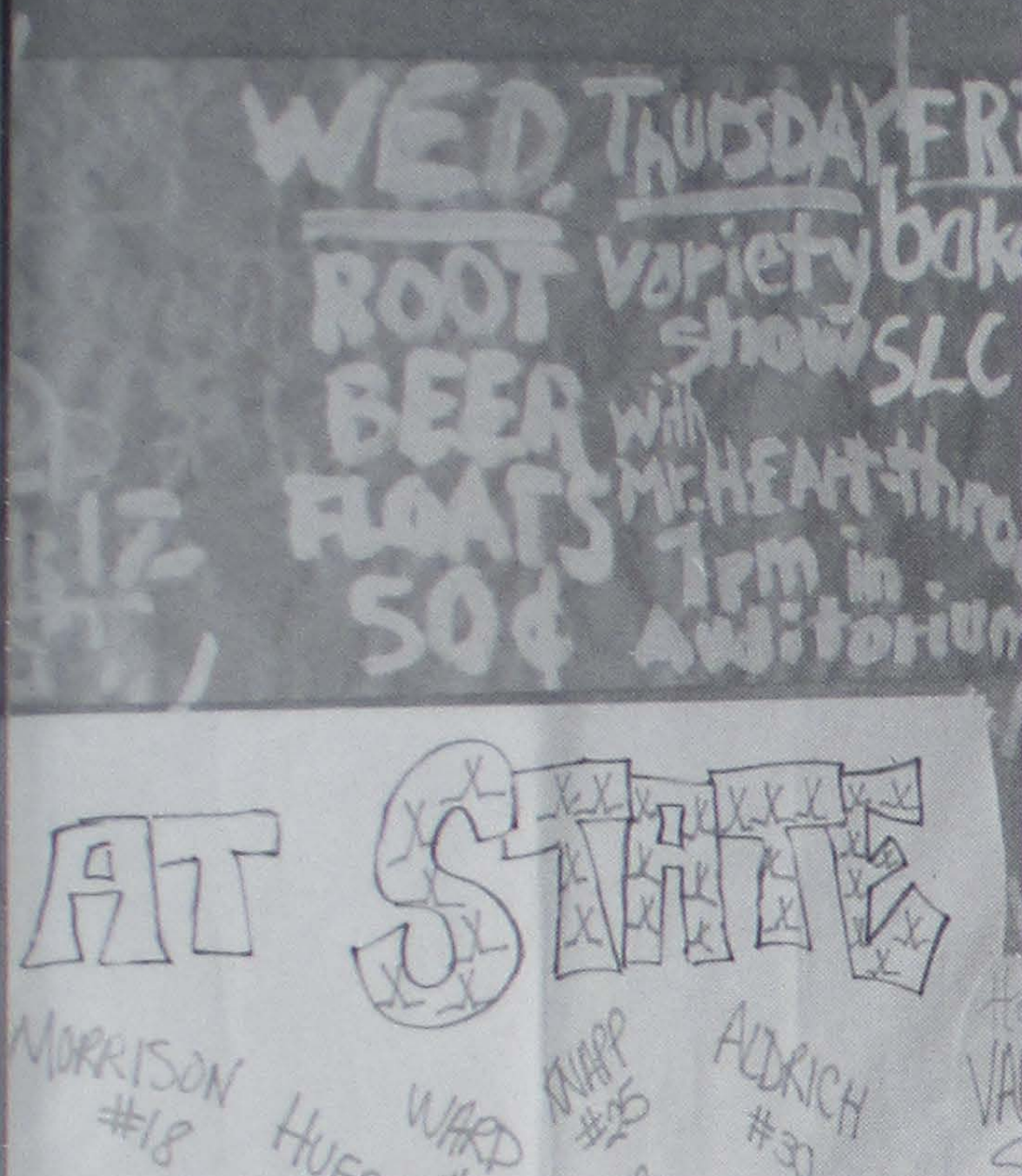
Julie Tosten



Soph. Megan Rademacher

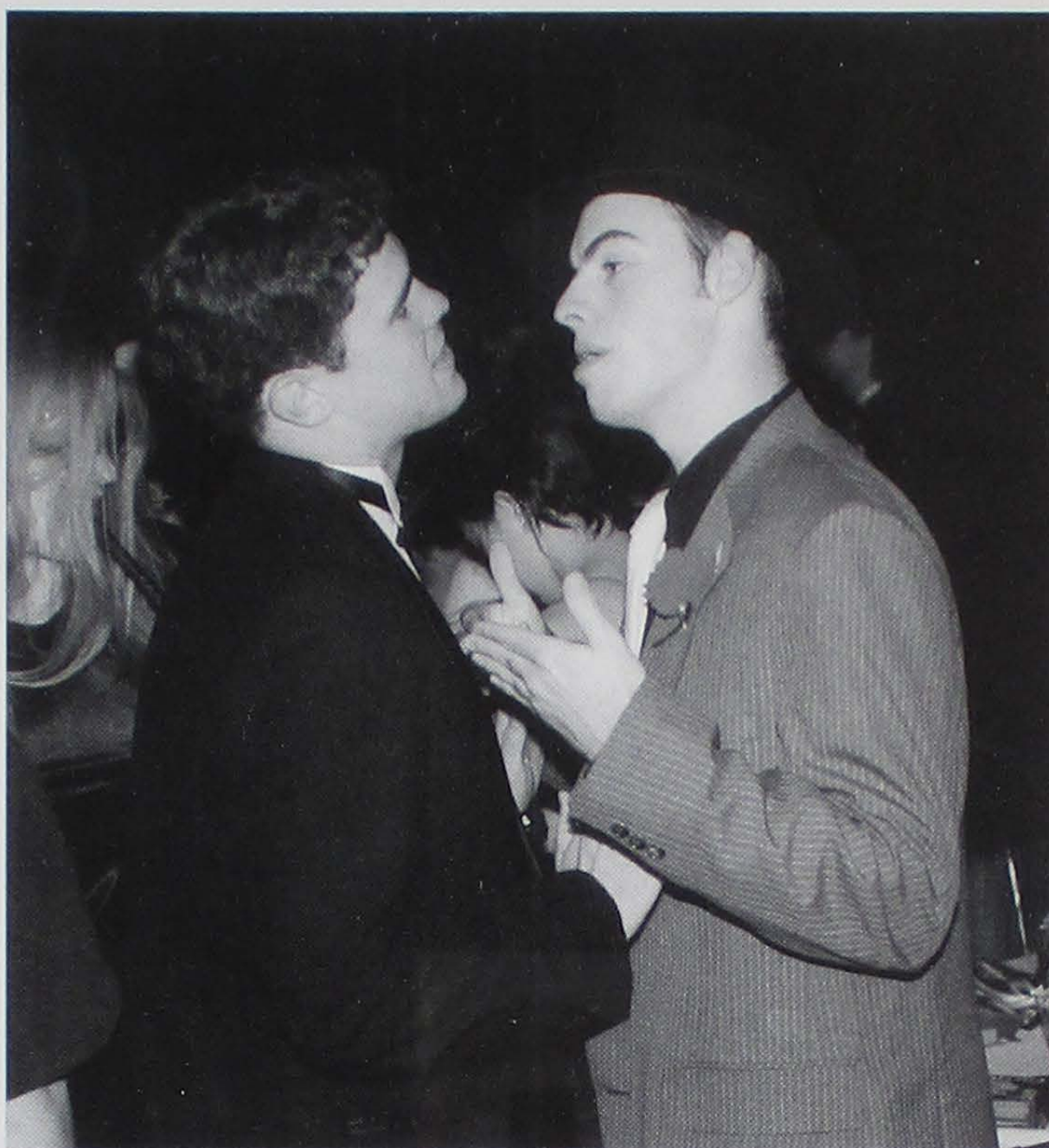


## HIGH ACTIVITIES



Kristen McGeeney

Senior Ben Godar lets Junior Chris Tuttle know who is boss. Friends relaxed and danced the magical night away. Sometimes, a little trouble brewed, but there was nothing better than a good argument to make the night even more memorable



Darin Johnson

# Memories made

Every year has its own memories, '95/'96 was no exception

By Vanessa Kuo

June 7, 1996, marked the end of another year for Ames High students. Another year went by, but it was not a year to be forgotten. As usual, the school year was full of its ups and downs, but the best memories were always the best remembered.

The football team achieved one of its greatest feats this past year. There is nothing as sweet as a championship; there is nothing as bittersweet as losing. "The football semi-finals was the most memorable event this year," said **Kirk Daddow**. "The emotional whirlwind was just amazing."

Mischievous events, especially those that went unnoticed by authorities, stuck out on student's minds. "My most memorable event

from my senior year would have to be climbing the stadium light towers at 2:30 a.m., splicing into the P.A. system for the Homecoming football game," said senior **Tanner Hensley**.

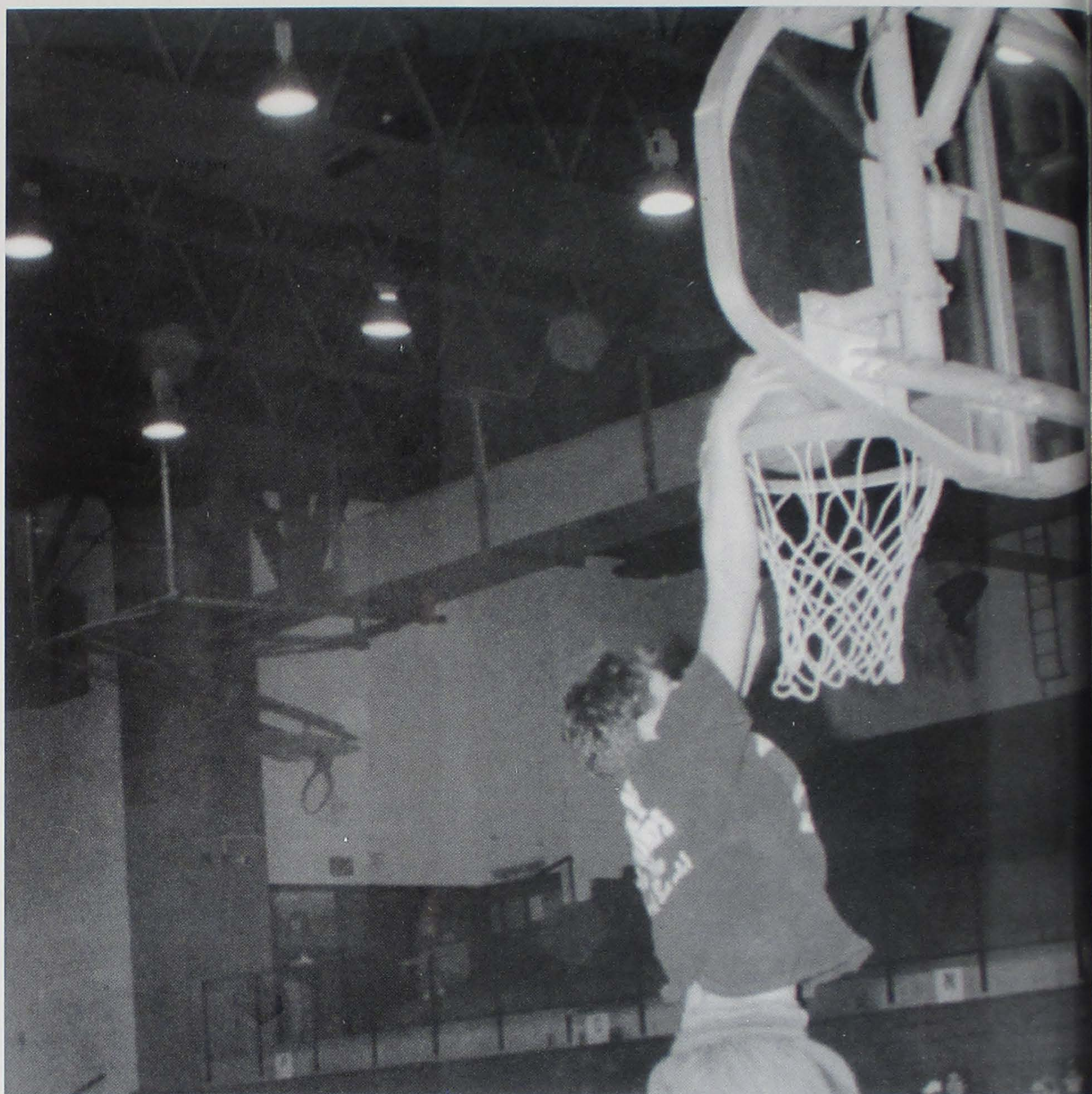
Then there are those who can't forget the treacherous classes. "My fondest memory of this year would be the many glorious hours I spent basking in the wonderful life-giving beautiful truth that is calculus," said junior **Elton Wong**.

On June 7, 1996, (May 22 for the seniors) the students said good-bye to another year. It was yet another year that marked its own place in the history books. The memories that were made, will be kept.



Soph. Todd Shirk





Practicing for the Welfare Week All-Star basketball game, senior Ryan Ridnour dunks the ball.





Ellie Palmas

Going into the 1995-1996 athletic season, exactly how competitive Ames High would be was anybody's guess. As the school year ended, the numbers truly spoke for themselves. 13 teams made it to the state meet in their respective sports. Football team: state semi-finals.

**Girls' X-Country: 5th place state finish.**

Boys' X-Country: 13th place state finish. Girls' Swimming: 20th place state finish.

Fall cheersquad: 2nd place state finish.

**Boys' Swimming: 2nd place state finish.**

Wrestling: 2 state meet wrestlers.

**Girls' Track: State Champions.**

Boys' Track: 6th Place state finish.



# Balls & Strikes

Fired up  
baseball  
team  
used end  
of season  
surge to  
make  
State  
Tournament



**CAUGHT IN THE ACT.** (From top to bottom): sophomore Brian Drake throws a pitch; junior D.J. Brown holds on a runner at first base; freshman Garrett Burrier takes a swing; members of the freshmen team watch the action from the dugout.

## Statistics

### VARSITY RECORD

Overall: 25 - 19  
Conference: 14-13

### SOPHOMORE RECORD

No records kept

### FRESHMEN RECORD

No records kept

A good athlete balances physical ability with mental toughness. With seven letter-winners and four top hitters returning, the baseball team had the physical ability as the 1995 season began. To create the perfect balance, the team focused on the mental side of their game.

"Coach told us to give 100 percent every game. It was important to keep our spirits up and not to beat ourselves," senior **Chris Devens** said.

Lapses in concentration led to a season of ups and downs.

"In doubleheaders we would slack off in the first game and get beat. In the sec-

ond game we worked hard and blew the other team away," junior **Matt Shimk** said.

Offense, defense, and pitching improved throughout the season as did the team's focus. The roller coaster season culminated in an end of the season charge that carried the team to the State semifinals.

"We turned it on full blast at the end of the season. We played harder and put forth greater team effort," senior **Mike Popelka** said.

Combining physical talent with mental strength, the 1995 baseball team lived up to the high hopes.



**VARSITY BASEBALL.** Front row: Chris Devens, Ryan Tesdall, Mark Hatfield, Ben Fow, Dustin Morrison, Kurt Harryman, Devon Kepley, Mike Popelka. Second row: Ed Ba, Matt Beaulieu, Jeremy Bents, Geno Adams, Ryan Ridnour, Mike Recker, Jeff Besser. Third row: Ben Banker, Trainer Julie Fleener, Coach Chuck Stevens, Coach Bret Posegate, Co Pat Lawler, Scott Thompson, Trainer Chad Kinart, Chad Spencer. Back row: R Van Cannon, Jairus Ely, Cale Doyle, Gil Clark, Travis Brunner

Junior Dana Doran







**FINISHING STRONG.** The Varsity baseball team holds up the trophy they received for competing in the State semifinals. After an impressive post season run, the Little Cyclones lost to Iowa City High 13-6 in the semifinals. "We weren't disappointed about the loss, we felt a sense of accomplishment at the end of the season. We knew it was crunch time and we put on our hard hats and went to work," senior Ryan Tesdall said. (Photo courtesy of Pat Hatfield)

### INSIDE THE NUMBERS

**5:** Place in the Conference

**21:** Most runs scored by the Varsity team in one game

**4:** Positions played by senior **Dustin Morrison** in one game at the State Tournament

**3:** First team selections for senior **Geno Adams:** All-Conference, All-District, and All-State



**SOPHOMORE BASEBALL.** Front row: Eric Miller, Ezra Hallam, Ma. Nutter, Ed Kumbier, David Kinley, Brett Pantenberg, Jon More **Second row:** Robbie Heiberger, Andy Maysent, Mark Char-ber D.J. Burgduff, Aaron Shropp, Sean Gleeson **Third row:** Joe Stons, Jason McNertney, Coach Jim Reubel, Coach Jeff Heinen, Josh Jason Reubel, Dan Johnsen, Andrew Hoiberg **Back row:** Kate Burrow, D.J. Brown, Matt Shimkus, Ben Brown



**FRESHMEN BASEBALL** Front row: Rommy Mohamed, Nick Samson, Brad Ziebell, Josh Greenlee, Garrett Burrier, Micah Martinez **Second row:** Travis Cardwell, Andy Craig, Adam Wagner, James Grant, Scott Cameron, Ryan Beck **Third row:** Mike Downs, David Chenevert, Curt Van Maaren, Coach Pat Lawler, Ben Heinen, Lucas Deardorff, David Teas **Back row:** Jamie Theilen, Erik Weeks, Brad Lawler, Kris Achter, Evan Sivesind



Sophomore Josh Magee



**LAURA BIECHLER LEANS INTO HER PITCH IN THE ANKENY GAME.** The game was a major victory for the Little Cyclones. Biechler set a new school record for the number of games won in a career. She won 55 games.



**Varsity Softball.** Front Row: Erin Johnson, Jenny Greenfield, Stephanie Wiegand, Angie Gabrielson, Courtney Lyon Second Row: Stephanie Brennan, Lindsey Carey, Nicole Thompson, Tricia Triplett, Kristi Powell, Staci VanArendonk Back Row: Coach Gary Gorman, Jenny Johnson, Charli Englehorn, Laura Biechler, Allison Brennan, Susie Lyon, April Goodwin, Coach Mark Jurgensen



**Junior Varsity Softball.** Front Row: Karri Burgher, Stephanie Wiegand, K Powell Second Row: Jaclyn Sprong, Amy Van Slyke, Lindsey Carey, Nicole Thompson, Nicole Richardson, Staci VanArendonk Back Row: Coach Gary Gorman, A Barnhart, Susie Lyon, Emily Hawkins, Jenni Stevenson, Coach Mark Jurgensen

Junior Max Hiland





# To Play As One

Alone on the mound, the pitcher eyes the batter. Her team is behind by a point and it's the last inning. She feels alone on the field, but then remembers her teammates around her. She realizes that she isn't alone at all.

The girls knew that in order to make it to state they had to play as a whole team, and not be fragmented with singled-out players. Even the girls on the bench could not forget that they were part of the team.

"When everyone on the field and on the bench is involved and excited, we definitely play better," Angie Gabrielson said.

Every play depended on each girl to know what was going on around her. When the varsity

team beat the defending state champion, Ankeny, the accuracy in the girls' play was obvious.

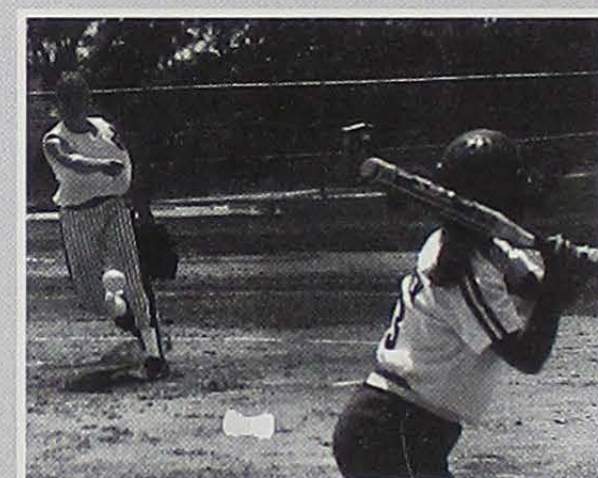
"We could feel the difference in the Ankeny game," **Stephanie Brennan** said. "We were really in sync."

The long sweaty hours together paid off with a strong bond in the team. Before a game, when Gabrielson went up to sing the national anthem, the whole team came up with her.

"I usually sang alone, but once the team came up with me and we've done it ever since," Gabrielson said.

Unity helped the softball team go far this season, but more importantly it taught them to play together.

Using the team concept enabled the team to beat two number one rated teams



**CAUGHT IN THE ACT.** (From top to bottom): the Varsity team; Amy Van Slyke; the Junior Varsity team; Courtney Arthur



**FRESHMEN SOFTBALL.** Front Row: Robin Boyd, Teresa Nassif, Jennifer Lee, Stephanie Wilson, Ashley Younie, Mindy Wilson, Elizabeth McGonigle Second Row: Carrie Kearney, Courtney Arthur, Shannon Smith, Jennifer Barrett, Jennifer Carpenter, Abby Carter, Taylor Anderson, Julie Van Slyke Back Row: Coach Wayne Clinton, Rachel Best, Kimberly Mogard, Megan Rademacher, Sarah Helmar, Jennifer McMaken, Molly McNertney, Megan Sweeney, Shawnee Kingsbury, Coach Tom Kepley



Junior David Jeong



# Movin' on up

Football team overcame the odds and went to the semifinals



CAUGHT IN THE ACT. (From Top to Bottom): junior Tyler Fraser and teammates; Varsity football team; junior Zach Rhodes; the football team

## Statistics

OVERALL—  
9 wins 3 losses

CONFERENCE—  
5 wins 2 losses

PLAYOFFS—  
Ames 20 Ankeny 13  
Ames 28 S.C. East 13  
Ames 34 Dowling 35

Picked to win only a few games, the Ames High football team proved everyone wrong.

"Ending our season with a 9-3 record and a trip to the semifinals at the UNI-dome showed people just how good we really are," junior **Brent Antisdell** said.

Playing in the dome was a dream of all high school players. Getting to the dome meant being one of the best teams in the state.

"One of our team goals was to make the playoffs and we've done that," senior **Dustin Avey** said. "All in all our season has gone really well."

Team unity was a big part of this year's team. Players

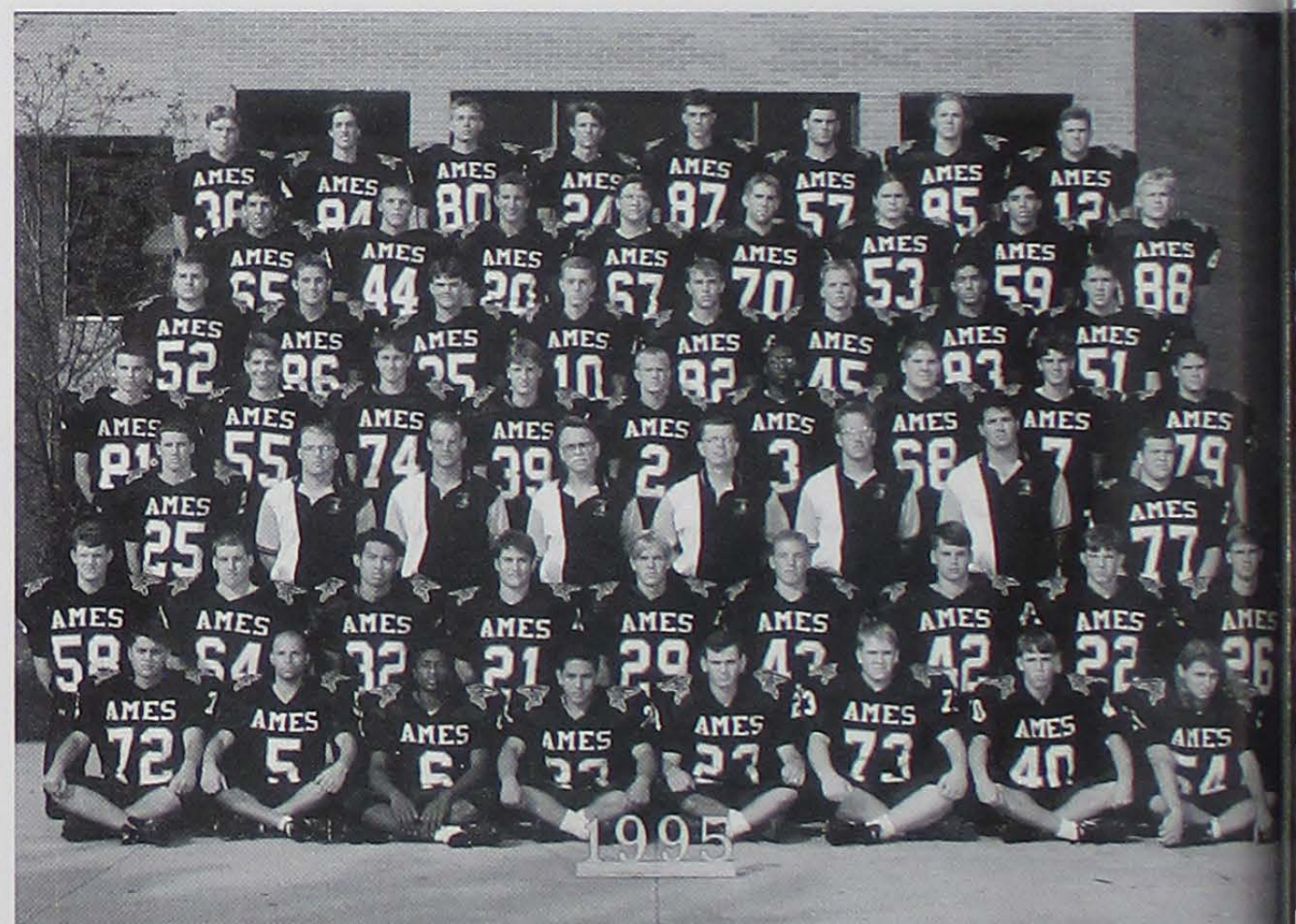
stuck together through thick and thin. They were friends on and off the field.

"The key to our success was the relationship between the juniors and seniors," Avey said.

Singled out to lose many games this year, the team did what they could to prove everyone wrong.

"We showed everyone that we can beat the best teams around," senior **Nathan McKern** said.

The football team started out as underdogs and proved that their team was more than meets the eye. They worked as a team to achieve their goal to go to state.



VARSITY FOOTBALL: Front Row: Eric Auge, Cory Myers, Kenny Tasco, John Lara, Ben Fowles, Aaron Schroy, Mark Charter, Nate Hutchinson. Second Row: Brad Payne, Drew Hamilton, Tori Phomphang, A.J. Wilson, Tyler Fraser, Zach Rhodes, Mike Recker, D.J. Burgdoff, Chris Devens. Third Row: Brent Antisdell, Asst. Coach Johnson, Asst. Coach Downs, Coach Kirk Daddow, Asst. Coach Pelzer, Asst. Coach Vertenan, Asst. Coach Cruseman, Tom Streigle. Fourth Row: Mike Kadolph, Dan Genelo, Jason McNertney, Dan Johnson, Jake Hanson, Fola Fado, Jake Bills, David Jones, Chris Tuttle. Fifth Row: Ben Brown, Dustin Wetzell, Rob Heiburger, Scott Stevermer, Chris Spencer, Nathan Terry, Savond Cole, Nathan McKern. Sixth Row: Chris Melvin, Jon Crawford, Chad Curtis, Joe Woodyly, Andy Hatfield, Bill McDuffee, Andre Fagundes, Jamie Burrows. Seventh Row: Chris Marty, Joe Simmons, Dustin Avey, Clint Belz, Matt Shimkus, Cale Doyle, Andrew Hoiberg, Matt Loney.







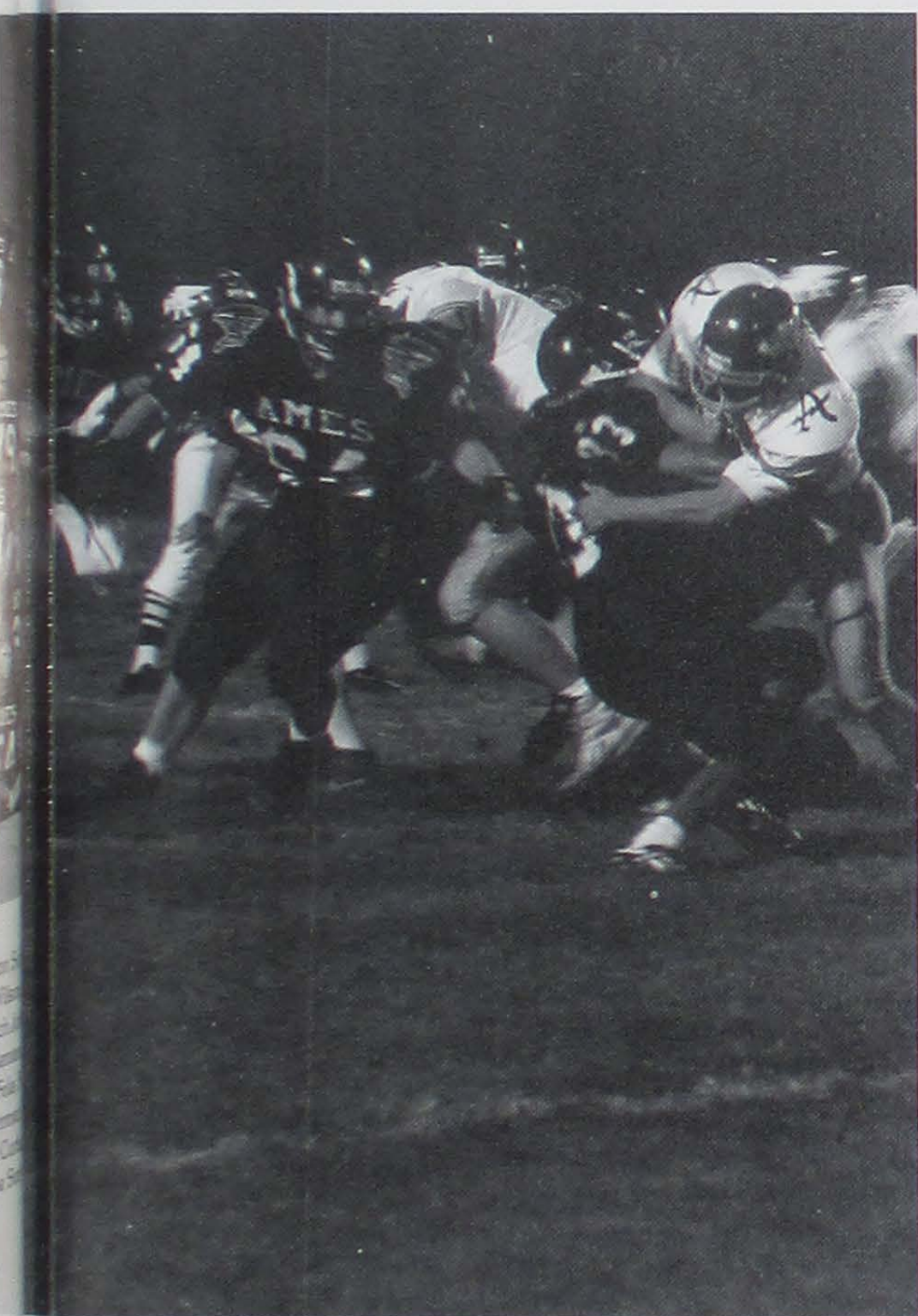
Senior Cale Doyle kicks off the ball at an Ames High Football game. "We had a great season. Playing in the Dome was the best," Doyle said.

#### INSIDE THE NUMBERS

The first time in Ames High history that the football team has made it to semifinals.

Senior Dustin Avey was picked first team all-state.

Other team members were picked for honorable mention.



Teammates go to help their players up off the field after a big play. "I think that our team unity was a huge contribution to our success this year," junior Jon Crawford said.

Senior Sevon Cole gets tackled by an Ankeny player as his teammates come to help him. "We had a great team this year and we had fun all the time," Cole said.



Freshman Garret Burrier



**GOING FORTH TO TACKLE**, freshmen Mike Shurm and Joe Jansen and the rest of the defensive line stop DM East's running back. Ames beat DM East 52-6.

## INSIDE THE NUMBERS

**109:** freshman and sophomores went out for football in '95

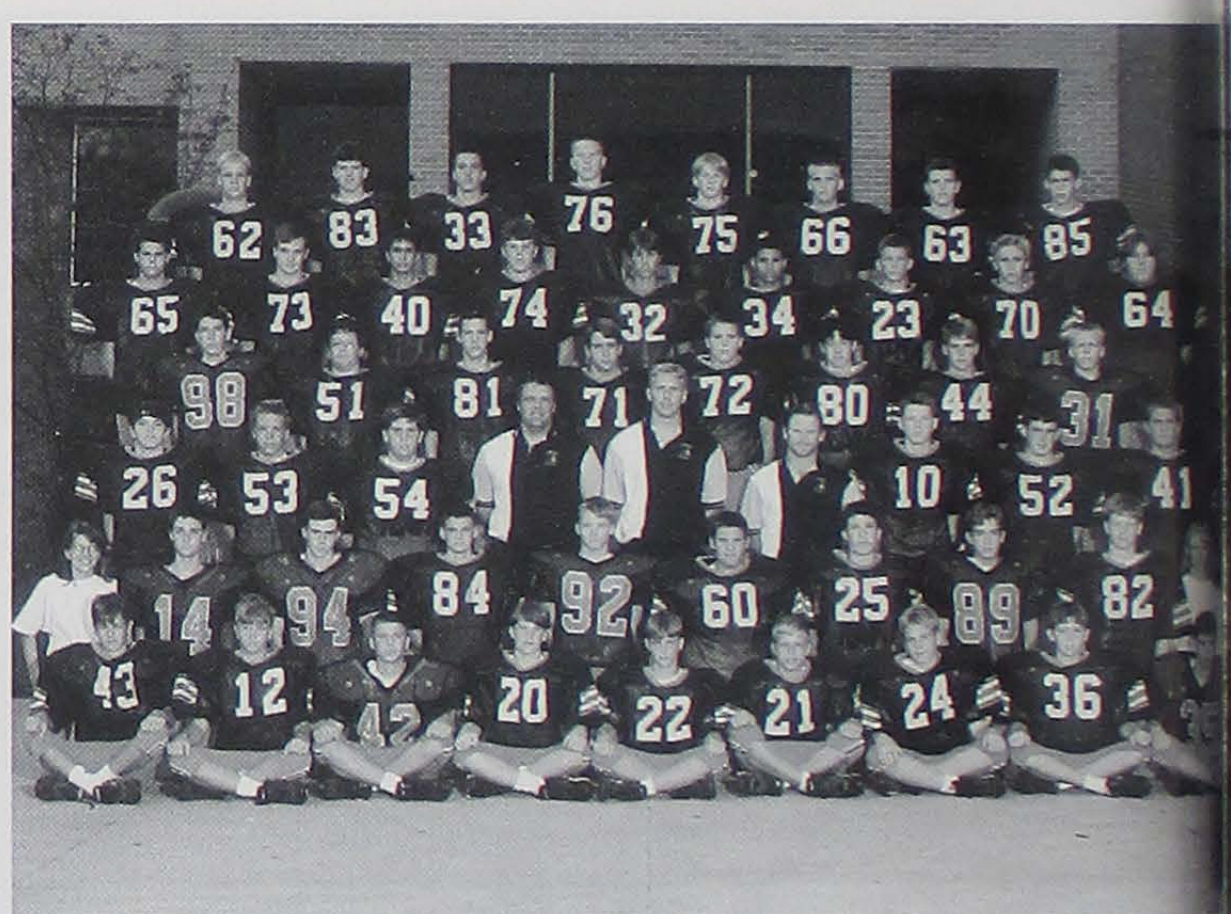
**3:** freshman players played on the sophomore team.

**7693 lbs:** the combined weight of the entire freshman team.

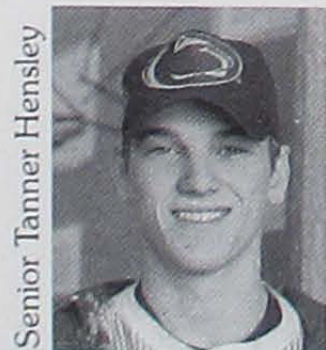
**7848 lbs:** the combined weight of the entire sophomore team.



**TAKING THE LEAD.** During the Valley game an Ames receiver makes a great catch. Ames went on to win the game by 10 points.



**FRESHMAN FOOTBALL.** Front Row: Joe Jansen, Garret Burrier, Tony Albaugh, Lucas Lasche, Brian Jensen, Steven Honeick, Daniel Bryant, John Sullivan, Brad Larsen  
**Second Row:** Manager Samantha Wheeler, Michael Doran, Courtney Moore, Kevin Heiberger, Jess Kinley, Matt Fowles, Karsten Blackwelder, Jeff Hitchings, Kevin H...  
**Third Row:** Adam Carlson, Allan Penner, John Bessman, Assistant Coach Mike Ling, Head Coach Dan Versteeg, Assistant Coach Dan Jones, Ben Biskner, Robert Linahon, Nathan Hostetter  
**Fourth Row:** John O'Connell, Greg B...  
**Fifth Row:** Andy Smelser, Sam Kolner, Ryan Paul, Doug Roeske, Erik Distler, Aaron Greving, Justin Knapp, Aaron Weiss, Jess Lack  
**Back Row:** Devin Wetzel, Seth Shepherd, Justin Steskal, Randy Pyle, Nathaniel Ginder, Chad Eichorn, Adam Stegge, Mike Shurm  
**Not pictured:** Troy Devens, Kade Eckley, Chris Jutting, Jim LeBrun, Dave Osborn



Senior Tanner Hensley

## 60 Fresh/Soph Football



# Road to success

Adjusting to a new style of football and having fun in the process was what the sophomore and freshman teams did this year.

Having winning seasons was a goal, but the teams focused on the areas of the game. They learned new plays that incorporated all forty-six players, and they executed it at the same time.

"When we're having a lot of fun, the season moves in the right direction," sophomore coach Dale Tramp said.

The road to a successful season was not easy. It involved dedicating the team to learn plays.

"At practice we spent an hour after just learning the plays," sophomore David Cheney said. "Sometimes it seemed pointless, but when game day came we

had so much of an advantage over the opponents."

Being new to high school presented new challenges to the freshmen. Practice wasn't all fun and games.

"They (coaches) rolled us through the mud back and forth," freshman Troy Devens said.

Many times the coaches allowed players to play a variety of positions on the team.

"I enjoyed messing around with the coaches," freshman Nathaniel Ginder said. "The highlight of my season was when they let me play fullback."

The freshman and sophomore teams were all about sportsmanship and honor. They respected each other and worked hard to do well.

Hard work and commitment paid off on game day for freshmen and sophomore football



**CAUGHT IN THE ACT.** (From top to bottom): sophomore team; sophomore team; freshmen team; freshmen team

## Statistics

SOPHOMORE	
Dowling	12-29
DM East	42-6
Ankeny	28-18
Newton	42-59
Mason City	48-6
Urbandale	14-30
WDM Valley	33-23
M'town	52-6
Fort Dodge	26-0
FRESHMEN	
M'town-	14-20
Ft. Dodge	44-6
Ankeny	28-12
Newton	12-48
Mason City	38-8
Urbandale	20-6
WDM Valley	37-20
Dowling	20-47
DM East	52-6



**SOPHOMORE FOOTBALL.** Front Row: Josh Stairs, Brent Fogarty, Stephen Griffin, Josh Greenlee, Derek ... Zach Thevathath, Jon Sedgwick, Nick Samson, Jacob Burgduff Second Row: Curt Van Maaren, Lucas ... Ryan Beck, Joe Mowers, Sean Manatt, Adam Wagner, Jeff Roeske, David Cheney Third Row: ... Andrew Brown, Assistant Coach Ed Schneiger, Assistant Coach Terry Doyle, Assistant Coach Jim Duea, ... Dale Tramp, Assistant Coach Denis Elliot, Assistant Coach Ron Chives, Assistant Coach Ken Litchfield and ... Coach Shane Buck Fourth Row: Jamie Theilen, Mike Downs, James Grant, Kirk Nessel, Chris Bates, ... Travis Cardwell, Jim Martin Fifth Row: Jim Sellers, Mark Potter, Robbie Smalling, Travis Sassmann, ... Todd, Adam Biskner, Chris Gardner, Micah Martinez, Jason Eernisse Sixth Row: Anton MacDonald, ... Lucas Peterson, David Knapp, Brad Lawler, Nick Sailsbury, Nick Rahfaldt, A. J. Wilson, David ...



Junior Rachel Abbott



# Beyond the race

Camaraderie and consistency highlighted the 1995 Girls' Cross Country season



**CAUGHT IN THE ACT** (from top to bottom): freshmen Alayna Ellis, Mary Russell, and Kristi Roosa; junior Kara Ziemet hugs senior Symantha Miller; freshman Lindsey Heiligenthal; senior Naila Meyers at the State Meet

## Statistics

### VARSITY

Little Cyclone Invite—1st  
Cedar Rapids Invite—4th  
Tom Karpan Invite—2nd  
Indianola Invite—2nd  
Urbandale Invite—2nd  
Ankeny Invite—2nd  
Conference Meet—1st  
District Meet—1st  
State Meet—5th

### JUNIOR VARSITY

Little Cyclone Invite—1st  
Cedar Rapids Invite—No scores kept  
Tom Karpan Invite—1st  
Indianola Invite—2nd  
Urbandale Invite—No scores kept  
Conference Meet—No scores kept  
Ames JV Invite—1st

### FROSH/SOPH

Cedar Rapids Invite—2nd  
Indianola Invite—1st  
Conference Meet—1st  
Ames JV Invite—3rd

Striving for excellence brings several different qualities into view: dedication, sacrifice, competitiveness, and a hunger to succeed.

"We wanted to win at Conference, and also qualify for state," Head Coach **Kirk Schmaltz** said, "We did. This year the team has had a very mature attitude. The girls asked to do more and not less. It's a dream come true."

Spaghetti club was a big part of the season. Team members bonded into a strong, motivated group by way of eating pasta and hanging out. During the regular season, members of the team would meet the day before each meet

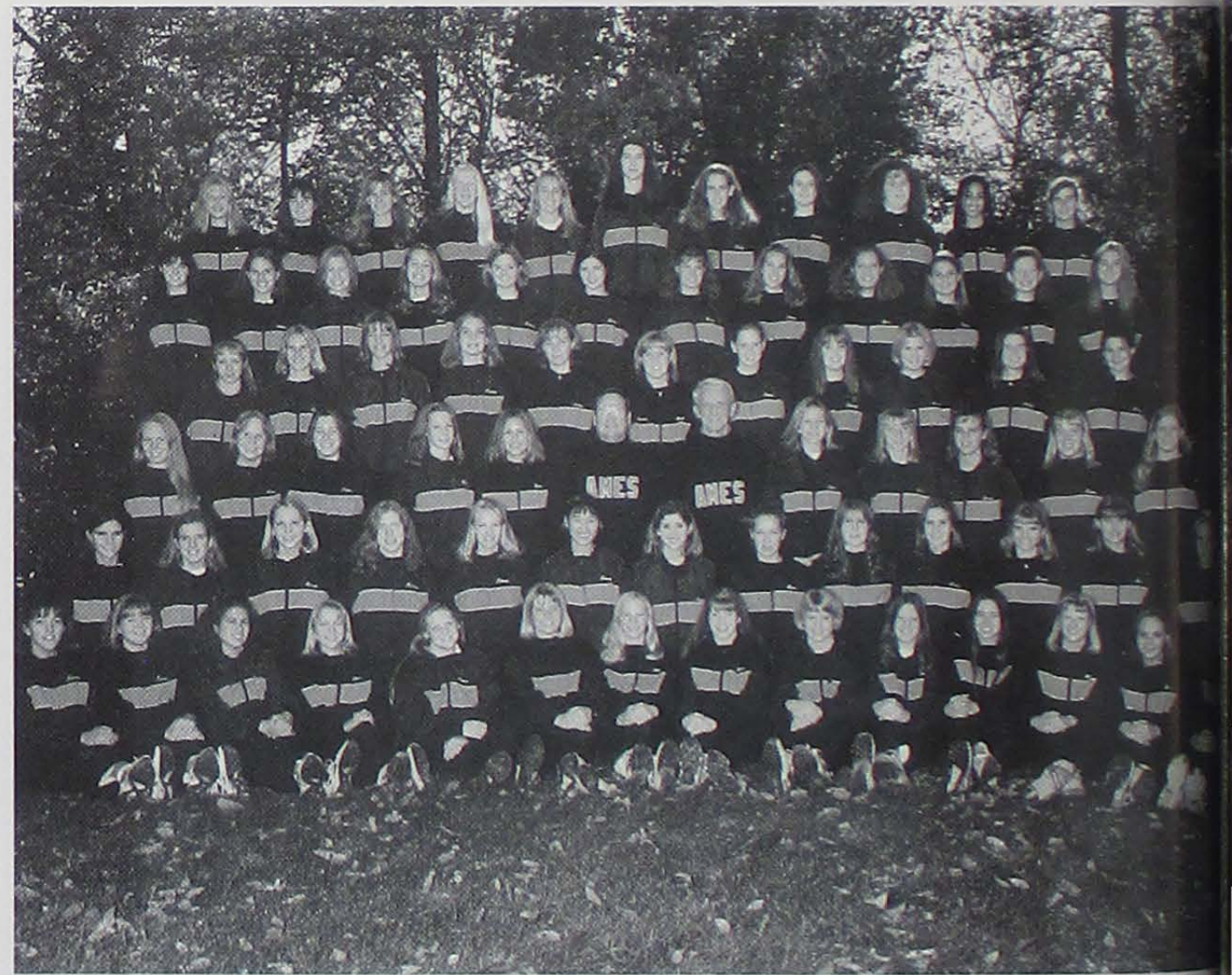
and just have a great time.

"It's fun to interact outside of practice," freshman **Sarah Kitchell** said. "Spaghetti club gives another opportunity to be with each other."

Outside of spaghetti club, team members worked on projects to promote spirituality.

"Homecoming was a major bonding time for us," senior **J.C. Elbert** said. "We painted our Cross Country bus together. It was great."

It only goes to show that a group of people, with one objective in mind, can do anything by putting one foot in front of the other and moving towards a goal.



**GIRLS CROSS COUNTRY.** Front Row: Shannon Goldman, Robin Boyd, Naila Meyers, Emily McElroy, Kassie Ladley, Powell, Darcy White, Kristi Roosa, Angie Gabrielson, Tonya Goodall, Ellen Kitchell, Erica Wehner, Angie Salvo, Beth G. Second Row: Gretchen Guffy, Alienor Gilchrist, Jill Muller, Sarah Chaplin, Emily Duffelmeyer, Vanessa Kuo, Michelle C. Jenny Carpenter, Sarah Bappe, Kara Ziemet, Anne Allen, Michelle Maxwell, Andrea Beisser Third Row: Jennifer Steven, Jean Gladon, Sarah Kitchell, Shannon Floyd, Alayna Ellis, Coach Kirk Schmaltz, Assistant Coach Tom Jorgensen, Tiffany, Erin Maysent, Amber Ling, Amy Johnson, Elizabeth Bovenmeyer Fourth Row: Heather Manger, Lindsay Heiligenthal, Russell, Claire Gilchrist, Amber Erickson, Jennifer Hallihan, Sarah Sienknecht, Beth Foote, Anne Barnhart Fifth Row: Cassa, Rice, Nicole Thompson, Jessica Larson, Rachel Best, Melissa Lehmkuhl, Annie Butin, Rachel Abbott, JC Elbert, Trisha D. Corley, Jessica Martin, Symantha Miller Back Row: Sarah Helmar, Amber Hill, Katie Bourne, Lisa Cronin, Abby Whitt, Slocum, Michelle Roberts, Allison Hefley, Nicole Achter, Cherise Rollins, Kelly Dunlay

Senior K-Rock Dobberke







**THE POWER OF ONE.** Senior Alienor Gilchrist leads the entire pack of runners at the District Meet at Coon Rapids. Gilchrist easily won the race as the Ames High girls took first place. "This year was all good," Gilchrist said. "I've had the best, craziest, weirdest, and funniest moments with these girls."

#### INSIDE THE NUMBERS

**18:** Number of cans of whipped cream and boxes of plastic wrap used on the freshmen by the seniors during initiation

**1:** Place at both conference and district meets.

**5:** Place at state

**2980:** Approximate number of miles run by the team in meets



Junior Jennifer Stevenson, senior Abby Whitt, junior Nicole Thompson, and senior Naila Meyers run together during the conference meet at Urbandale Middle School.

**STICKING TOGETHER,** freshman Erin Maysent, senior Michelle Roberts, freshman Claire Gilchrist, junior Kara Ziemet, and sophomore Tonya Goodall lead a pack of runners at the state meet.



Sophomore Kelly Sarver



**MISSION ACCOMPLISHED.** The team celebrates after learning they qualified for the State meet. "There was a tremendous feeling of excitement for everybody because we finally accomplished what we'd been shooting for all season," junior Travis Nichols said.

### INSIDE THE NUMBERS

**3:** freshmen on varsity, the most ever

**3720:** approximate number of miles run by the team in meets this year

**180:** cookies baked by seniors Matt Healy and Sam Grotewold for the girls cross country seniors

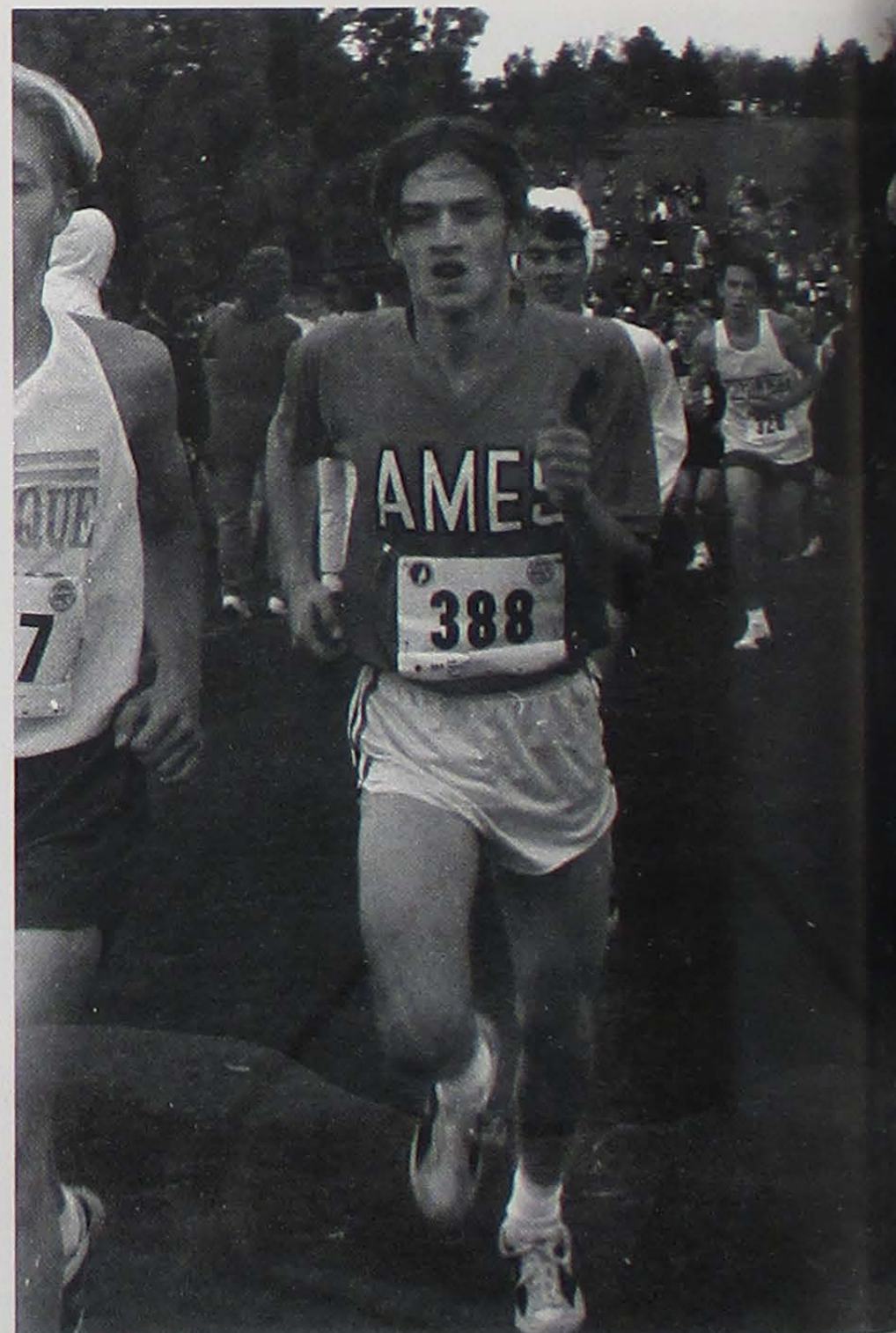
**48:** edible cookies baked by Matt Healy and Sam Grotewold for girls cross country seniors



**STAYING TOGETHER.** Senior Matt Healy, sophomores Roozbeh Ghaffarzadeh, and Aaron Ritz compete on the new cross country course at Iowa State. Staying together helped the runners get through the race. "The great thing about cross country is that it's a shared experience, a shared pain," Healy said.



**LEADER OF THE PACK.** Sophomore Derek Steelman charges up a hill at the State meet. Steelman finished in 56th place, leading the team to thirteenth place. "This season was a big step towards next year," Steelman said.



Freshman Tiffany Belz





# Making Strides

The 1995 season marked a beginning for the boys' cross country team. Returning only one runner from last season, John Sletten turned to a group of runners to lead the team. Throughout the season the team consistently improved in endurance and strengthened the team.

"We learned that cross country is a team sport. I probably spent as much time with my teammates as I did with my parents during cross country," junior Jon Titus said.

The team focused on building endurance by often getting together outside for practice. Most of our time centered

around eating. We had spaghetti suppers before meets and went to Perkins sometimes. We watched a movie before State," junior Michael Morain said.

All the time together paid off in meets as the team ran their best race of the season at the district meet to reach their goal of qualifying for State.

"The year was challenging since last year's seniors were gone, but a lot of people stepped up and got good times," sophomore Zach Keller said.

With young runners learning the sport and growing as a team, the 1995 boys' cross country team built the foundation for teams to come.

Dedication and unity led inexperienced boys cross country team to State meet



**CAUGHT IN THE ACT.** (from top to bottom): senior Paul Stewart; freshmen Luke Guthrie and Eric Weber; junior Travis Nichols; sophomore Roozbeh Ghaffarzadeh and junior Jake Bullock after the State Meet.



Sophomore Dan Braun

## Statistics

### VARSITY:

Little Cyclone Invite- 6th  
Cedar Rapids Invite- 9th  
Tom Karpan Invite- 3rd  
Indianola Invite- 8th  
Ankeny Invite - 7th  
Mike Augustine Invite - 3rd  
Conference Meet - 6th  
District Meet - 3rd  
State Meet - 13th

### JUNIOR VARSITY:

Little Cyclone Invite - 3rd  
Cedar Rapids Invite- no scores kept  
Tom Karpan Invite - 1st  
Indianola Invite - 4th  
Mike Augustine Invite - 2nd  
Conference Meet - 3rd  
Ames JV Invite - 3rd

### FROSH/SOPH:

Little Cyclone Invite - 3rd  
Cedar Rapids Invite - 4th  
Tom Karpan Invite - 1st  
Conference Meet - 3rd  
Ames JV Invite - 2nd

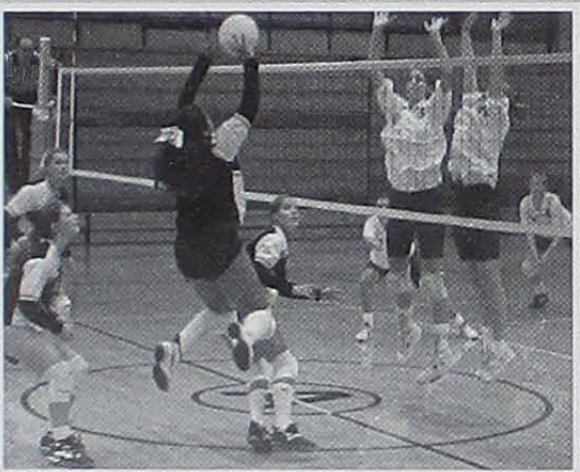
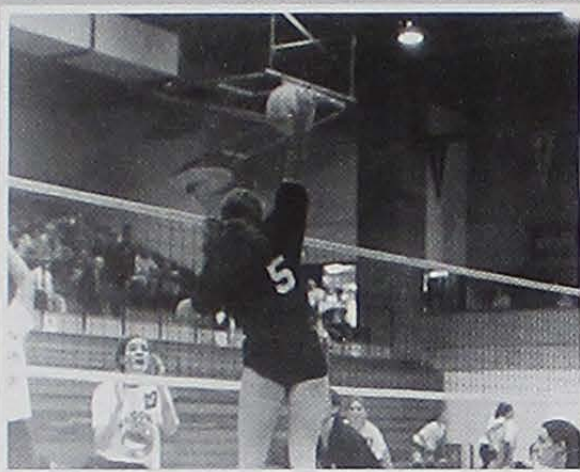


**BOYS' CROSS COUNTRY.** Front row: Tim Noxon, Aaron Sage, Matt Healy, Todd Schweikert, Eric Trinkmeyer, Alex White, Luke Guthrie, Devashis Roy, Kyle Schilling, Luke Healy. Second row: Mike Wallam, Michael Morain, Adam Jonas, Assistant Coach Rollins, Coach Sletten, Aaron Whiteford, Eric Webb, Kyle Poorman, Cameron Staff, Eric Hogue. Third row: Jake Bullock, Dan Johnston, Eric Jamblin, Eric Weber, Jesse Ciccotti, Zach Keller, Jon Titus, Travis Nichols, John Russell, Derek Stearns. Fourth row: Jess Clyde, Mike Dirnberger, Mark Gardner, Eric Upchurch, Jason Miller, Eric Grotewold, Roozbeh Ghaffarzadeh. Back row: Joel Minion, Aaron Ritz, Paul Stewart, Kris Hertz, Alan Hertz, Sam Grotewold.



# Building Net Worth

The varsity squad came together to create an exciting season for AHS fans



**CAUGHT IN THE ACT** (From top to bottom): the Varsity team; sophomore Jaclyn Sprong; senior Andrea Hugdahl, freshman Stacey Chung.

It would have been hard for one to sit still and not get excited about the 1995 AHS volleyball season.

AHS Volleyball fans counted on a good game and were never disappointed.

Individual players came together as a team making up for their weaknesses in many ways.

"Although our junior varsity team didn't have much height," junior **Lindsay Carey** said, "we made up for it with quickness."

As the season progressed, the players noticed a newfound enthusiasm in accepting challenges.

"Our biggest challenge this season was when we had to play Fort Dodge for the second time in a row after beating them in a con-

ference game," senior **Michelle Hunziker** said.

New additions of members to the squad seemed to make a positive difference.

"This year we had a new coach and many returning players," junior **Meghann Hunt** said. "We wanted to have a better record than last year, and we accomplished that."

"I thought the season went very well," freshman **Julie Van Slyke** said. "We played together as a team and each individual improved. It was a very good season for me."

While the team didn't make it to state, they did come together to create an exciting season for fans.

## Statistics

Overall: 19 wins, 11 losses, 1 tie  
Conference: 4 wins, 3 losses



**VOLLEYBALL.** Front Row: Jessica Keller, April Goodwin, Andrea Hugdahl, Amy Van Slyke, Sommer Mohs. Second Row: Laura Biechler, Erin Johnson, Kristina Hawbaker, Meghann Hunt, Michelle Hunziker. Back Row: Assistant Coach Brandon Kipp, Ashley Grundmann, Assistant Coach Theresa Testroet, Head Coach Cindy Frederich, Julie Ollila, Heather Kliebenstein, Assistant Coach Tim Johnson.



Senior Ellie Palmas





Before games, members of the sophomore squad get together and participate in a team cheer. Cheers often helped the team get ready to play their hardest.

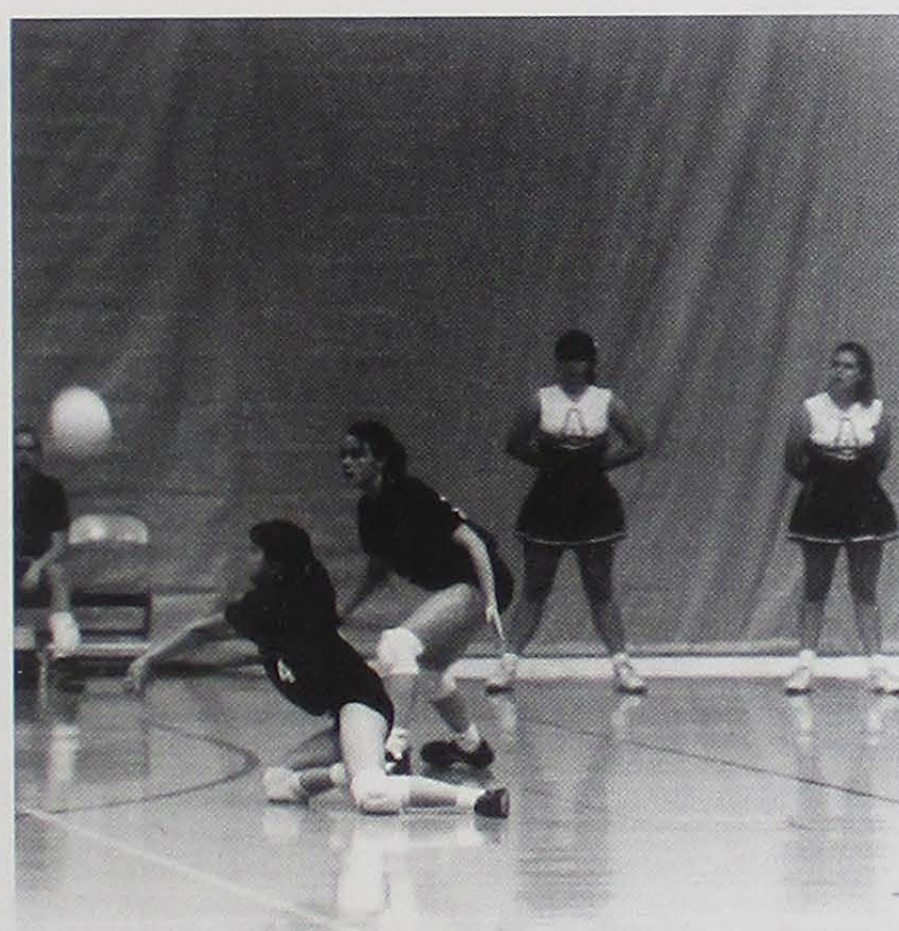
#### INSIDE THE NUMBERS

**15:** number of new varsity uniforms and warm-ups

**10:** number of new balls purchased this year

**2:** number of balls popped this season

**1:** number of nets thrown away due to over use



**SET TO EXPLODE,** junior Nicole Richardson pushes the ball into the air with an unseen power. "Everyone was skeptical at the beginning," Richardson said. "But we closed the season with a wonderful attitude and good team unity."

#### BUSTIN' LOOSE!

Freshman Stacey Chung makes a save and gains a point at the same time. "I think we had a good season," Chang said. "We had a lot of fun during the season. We were all friends, so we got along on the court pretty well."



Senior Carolyn David



Senior Jake Rudolphi swings for a ball at the Ames Golf and Country Club. "I think that we had a pretty good season this year."

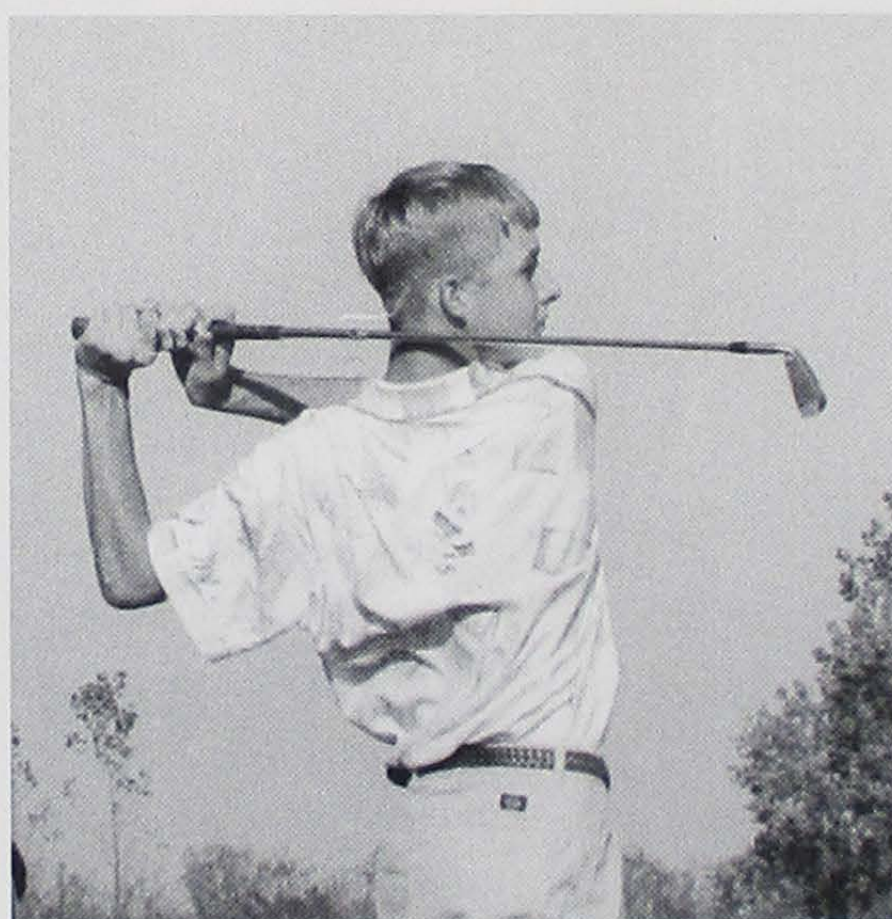
#### INSIDE THE NUMBERS

**16:** Approximate number of golf clubs thrown by Scott Thompson during the golf season.

**2:** Number of graduating seniors. (Jacob Rudolphi, Scott, Chip Kihl and Ryan Ridnour .)



Freshman Aaron Wheelock watches his ball as it lands on the fairway. "I think the season went well, but I think we will do better next year."



Sophomore Mark Ellingson tees off at Ames Golf and Country Club. "I'm looking forward to next year's season. I was devastated when we missed going to state by one stroke."



Senior Charity Roberts





# On the green

For anyone who has been a part of the sport of golf, it's understandable how hard it is to get the ball in the hole, when every swing counts for or against players alike. This year there were a select number of boys who decided to take on the challenging game of golf.

I had a hard time deciding who was going to be on the team, Coach Kay Bartlett said. "The boys would have to play a round of golf with me before each meet to see who would play varsity the next day."

The team often faced the challenge of losing close meets. They lost five of six meets by one stroke. Despite their struggles the

golfers enjoyed the company of their teammates.

The golf team always tried to have a lot of fun, "whether it was pulling jokes on other teammates or watching everyone make a fool of themselves," junior **David Kinley** said.

Memories were a big part of the season. Like when **Jake Rudolphi** and **Brian Good** mooned other teammates while coach Bartlett watched in astonishment. **Scott Thompson** led the golf team in the most thrown clubs throughout the season.

The season was filled with good times, bad times, and the best of times. These memories will last a lifetime.

Determination and self discipline helped the Boys Golf team at state.

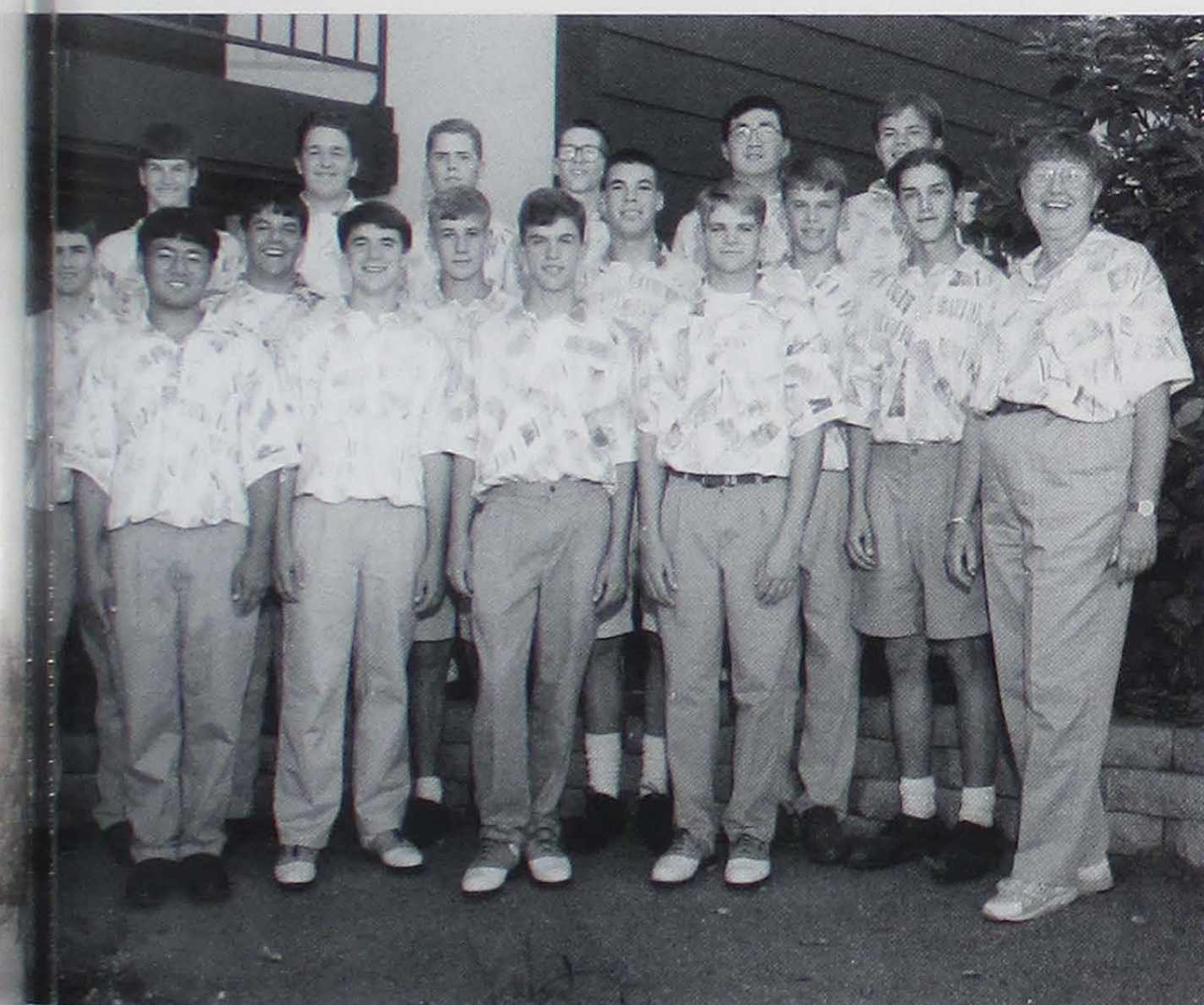
## Statistics

Overall- 5 wins

Conference- 2nd place

Newton Invite- 2nd place

Valley classic- 2nd place



Boys Golf. Front Row: David Jeong, Austin Woodin, Joe Skulacheck, Brian Fliehler, Jon Schroeder, Kay Bartlett. Second Row: Ryan Ridnour, Bronk Harms, Aaron Wheelock, Jake Rudolphi, Ben Ellingson. Back Row: Brian Good, Brandon Hageman, Jon Olson, David Kinley, Chip Kihl, Scott Thompson



CAUGHT IN THE ACT. (From Top to Bottom): freshman Aaron Wheelock; sophomore Joe Skluzacek; senior Ryan Ridnour; junior David Jeong.



Sophomore Jesse Cicotti



# In & Out of the Pool

Unity and helping one another became more important than team successes

It seemed the girls' swim team couldn't get enough of each other this season. They were together at all times, and all places.

Their time together didn't just revolve around a pool. There were the dinners at a girl's home after a meet. There was the night of bowling, then the sleep over at **Laurie Anderson's** home. These activities, among others, caused strong unity within the team.

"As we have heard many times over the season, there is no 'I' in 'team'," sophomore **Kara Greving** said.

This unity gave the girls strength, allowing everyone to focus on self-improvement. Winning became less important than pushing each individual to beat

their own best time.

"Swimming is my life for the months," junior **Erin Naeve** said. "I eat, sleep, and live swimming just like many of my other teammates. Support from coaches and friends makes the hard work a lot of fun."

On the Wednesday before Districts, October twenty-eighth, senior girls took the girls that were swimming in Districts out for breakfast at McDonald's.

"We made them go to breakfast and school in their PJ's," senior **Keyea Meyer** said.

In and out of the pool, the team shared experiences that will be remembered longer than a record. After all, records can be broken, memories can not.



**CAUGHT IN THE ACT.** (From Top to Bottom): Coach Nancy Svien and sophomore Brooke Winton; sophomore Adrienn Lanczos; the team encourages a swimmer; junior Nicole Shaull

## Statistics

Ames Invite	2nd
Marshalltown Invite	3rd
Urbandale Invite	2nd
Conference	4th
Districts	2nd
State	20th

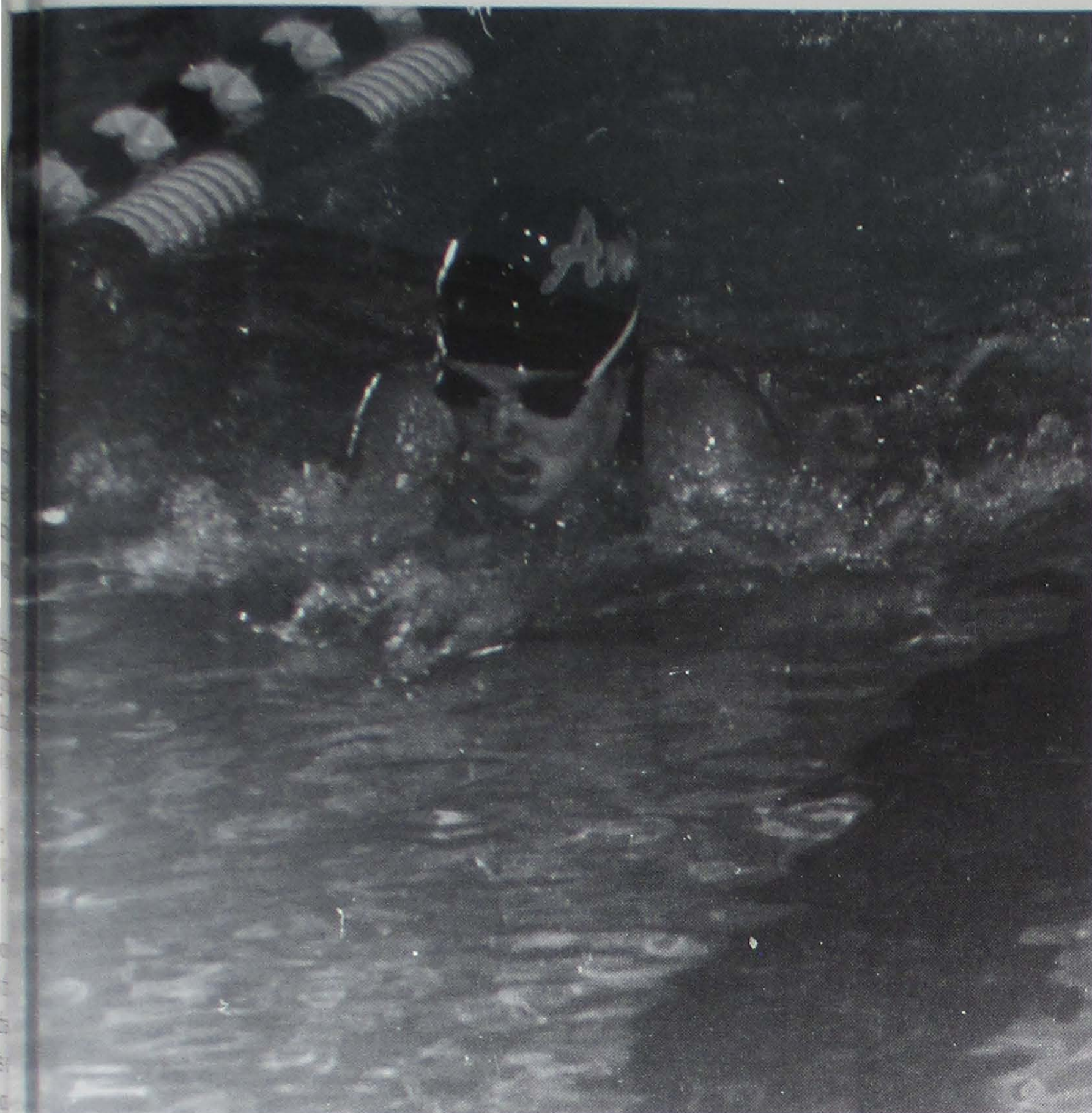


**GIRLS' SWIMMING.** Front Row: Bree Newton, Jennifer Tweedt, Leddy Ramirez, Anneke van der Valk, Paige Knutsen, Laurie Anderson, Mandy Noll, Luke Payette, Celina Meyers. Second Row: Coach Nancy Svien, Cata Flores, Lynn Summers, Kathy Marvick, Keyea Meyer, Cindy Whiteford, Ankita Singh, Assistant coach Hillary Ziebel. Third Row: Carly West, Mary Riecken, Sarah Bates, Michelle McCracken, Dana Erickson, Stacia Rodgers, Adrienn Lanczos, Divya Vahadur, Kathryn Polking, Theresa Ganzer, Christine Van Meter. Fourth Row: Meleah Jensen, Foy Spicer, Betty Chang, Mindi Carlson, Carolyn Andrews, Kristen McGeeney, Margo Levine, Maya Hayslett, Lauren Kinney. Fifth Row: Christina Poist, Erika Prater, Sarah Hegland, Amy Swank, Erin Life, Erin Naeve, Michelle Marvick, Brooke Winton, Kara Greving, Andi Thatcher, Julie Dickson. Sixth Row: Shara Chapman, Katherine Acker, Samantha Mills, Nicole Shaull, Mandy Harding, Laurie Anderson, Jennifer Varnado, Megan Stephenson, Karina Nelson. Back Row: Kelly Montgomery, Erin Carter, Kaye Montgomery, Leah Rudolphi, Eleanor Jensen, Robin Elwick, Emilie Wall, Matia Jacobson.

Soph Rachel White







**BROOKE WINTON**, a sophomore, fiercely cuts through the water on the breast stroke leg of the individual medley. The medley is composed of fifty meters of each stroke: the butterfly, backstroke, breast stroke and the freestyle.

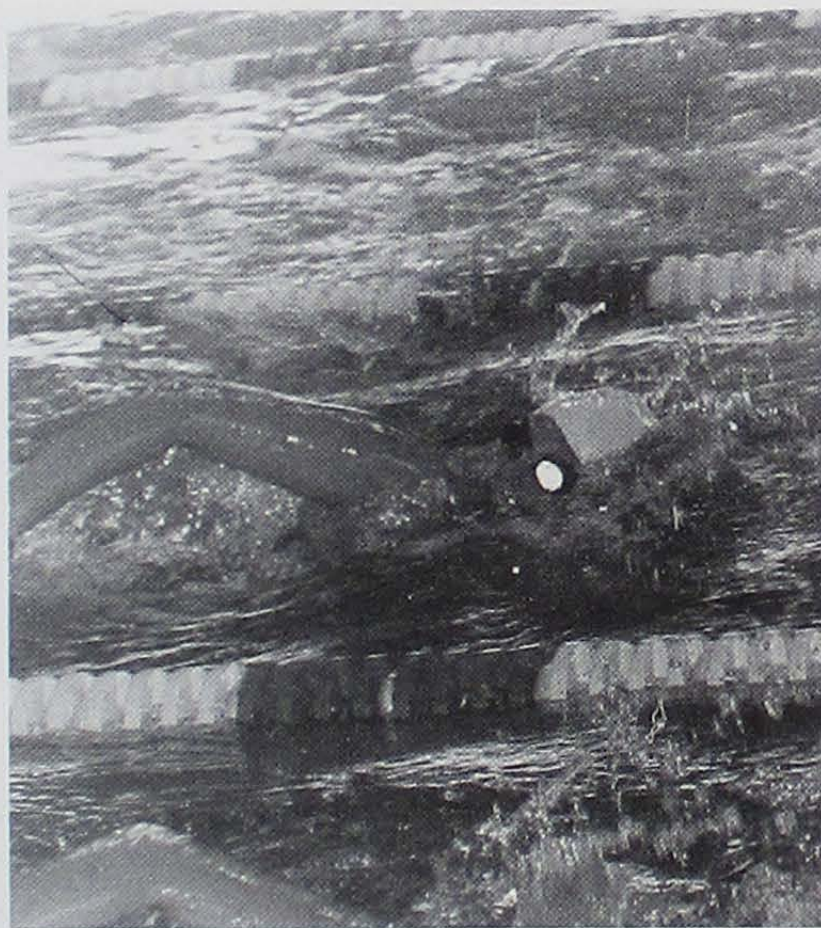
#### INSIDE THE NUMBERS

**20:** place the team finished at state

**3:** place junior Nicole Shaull received in the 100m breaststroke at state

**10:** place sophomore Brooke Winton received in the 100m butterfly at state

**15:** place freshman Christine Van Meter received in the 500m freestyle at state



**ADRIENN LANCZOS** and Megan Stephenson congratulate each other after their races. Lanczos usually swam the one hundred backstroke, and Stephenson swam the one hundred butterfly. Lots of friendships were made due to the many activities the girls did together.

**SENIOR KEYEA MEYER** whips through the water during swim practice. She swam the crawl stroke throughout the season. Meyer, along with the other seniors, was active in making opportunities for the girls to get together outside of practice.



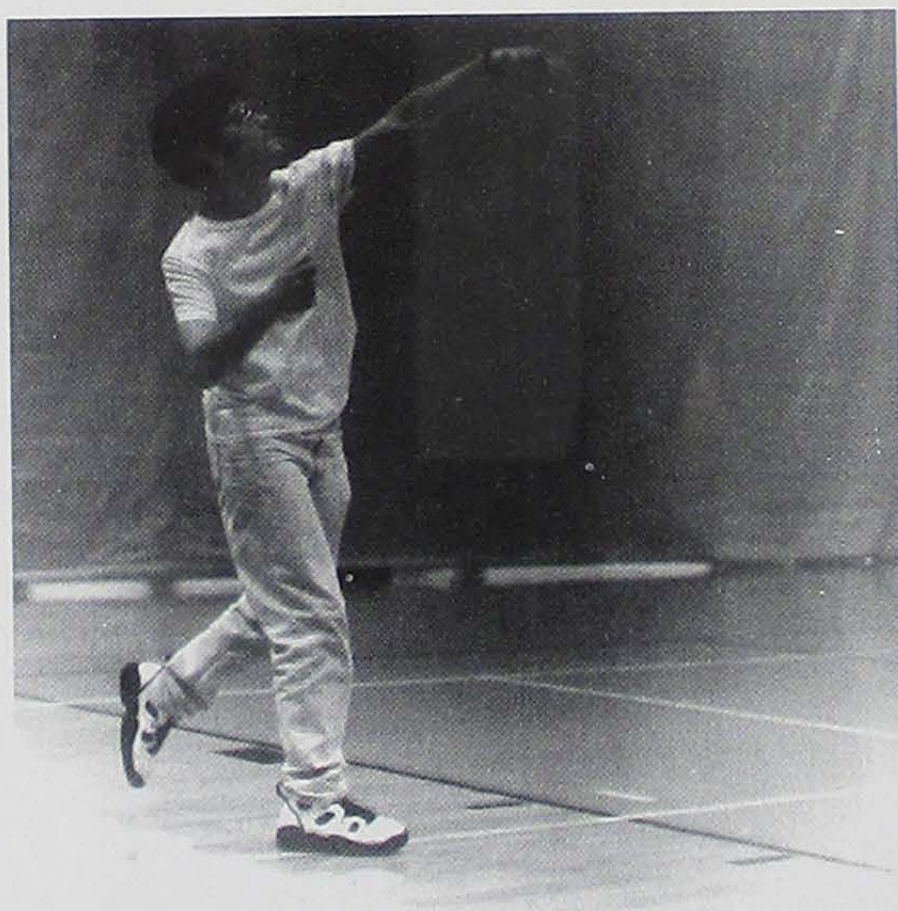
Senior Darci Horton



SHOWING SERIOUS HANGTIME, senior Melissa Fatland leaps to bump the ball to a teammate in Intramural Volleyball action. Fatland summed up the attraction to Intramural Volleyball, "Since there's no pressure in intramurals, it's for fun!"



SERVING THE BALL, junior Uri Kogan participates in intramural volleyball. "It (i-vball) is a great experience for want-to-be motivational speakers. Go team!" Kogan said.



SERVING IT UP. Senior Emily Dobbs completes a serve in intramural volleyball competition. Dobbs watched in horror as her serve sailed under the net.



Sophomore Trisha Dau





# Messing Around

A group of students are playing volleyball in the gymnasium, yet it's not a P.E. class. Why would they be playing after school? The answer: Intramural volleyball.

Each Wednesday students get together with each other to play, laugh, and occasionally play a game of volleyball.

Intramural-Volleyball was "super fun," senior **Mike Popelka** said. "My teammates make it super fun, and it was a good way to unwind."

Intramural volleyball resulted in many new friendships. Along with the fact that

relationships with other students improved, all students participating in intramural volleyball enjoyed the opportunity to play alongside their friends as well.

"Intramural-Volleyball was a lot of fun this year," senior **Jenny Whalen** said. "It's great when you can get together with friends and are able to play a sport without the competitiveness."

If a student had any doubts about the benefits from a non-competitive sports setting, they were quickly erased when they set foot on court.

I-VBall gave students a way to meet new people and have fun at the same time



Seniors Emily Dobbs and Tanner Hensley congratulate each other after an intramural volleyball victory. Dobbs and Hensley were known throughout the intramural volleyball world as "Mr. and Mrs. Intramural Volleyball."



CAUGHT IN THE ACT: (from top to bottom) junior Anthony Hartman, senior Maggie Staudt, junior Rebecca Glatz, senior Melissa Fatland

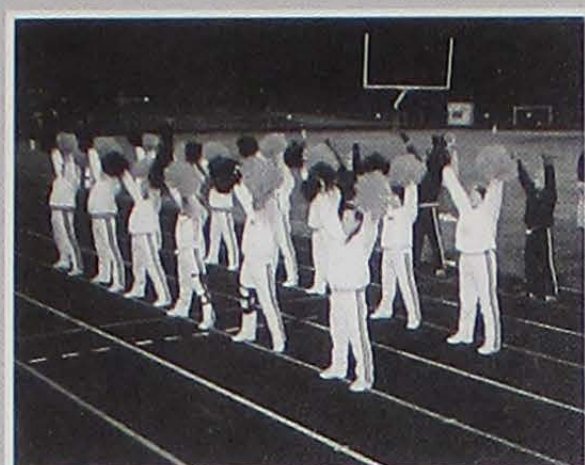


Junior Matthew White



# Team Dedication

The cheerleading teams worked hard to support the sports and the school



CAUGHT IN THE ACT (From top to bottom): Varsity Cheerleading squad; Varsity squad; freshman squad; junior Alyssa Speck and senior Meredith Horton (Photos by Kathy Loveland, Kathy Loveland, Kristen McGeeney, and Audra Slocum)



Soph. Kim Mogard

Practicing jumps, perfecting hand stands, working on lifts and decorating the school helped the cheerleaders have a successful season.

Homecoming was always a time for cheerleaders to show school spirit. During homecoming freshman and sophomore squads teepeed the school.

"We teepeed everything in sight," sophomore **Katie Finn** said. "I never knew how high Janell Hutchinson could throw a roll of toilet paper."

Cheerleaders did more than raise school spirit during homecoming. The varsity squad took second place at state competition.

Practice for the state meet was more than fun and games. It took hard work and dedication.

"State cheer practice was difficult but not impossible. I think in the end it really paid off," senior **Kathy Loveland** said.

Another aspect that paid off was the addition of male cheerleaders to the varsity squad.

"It's more difficult to learn the cheers as guys because we don't know them," junior **Jonathan Coy** said.

The AHS Cheerleading squad was an asset to the school. They provided the school with the necessary spirit.

"Cheerleading was so much fun! Especially at home (football games)," junior **Jill Watson** said. "With the band playing pep songs, and the huge crowd on their feet, students really felt like they could help the team win."



VARSITY CHEERLEADING. Front Row: Mark Nutter, Jonathan Coy, Mark Scholten. Second Row: Renessa Osterberg, Melissa Goehring, Jill Watson, Alyssa Speck, Megan Stegge, Lauren Miller. Back Row: Dana Doran, Jill Baker, Michelle Boster, Heather Herold, Meredith Horton, Cassie Clydesdale, Carisa Ripley





Photo by Kathy Loveland

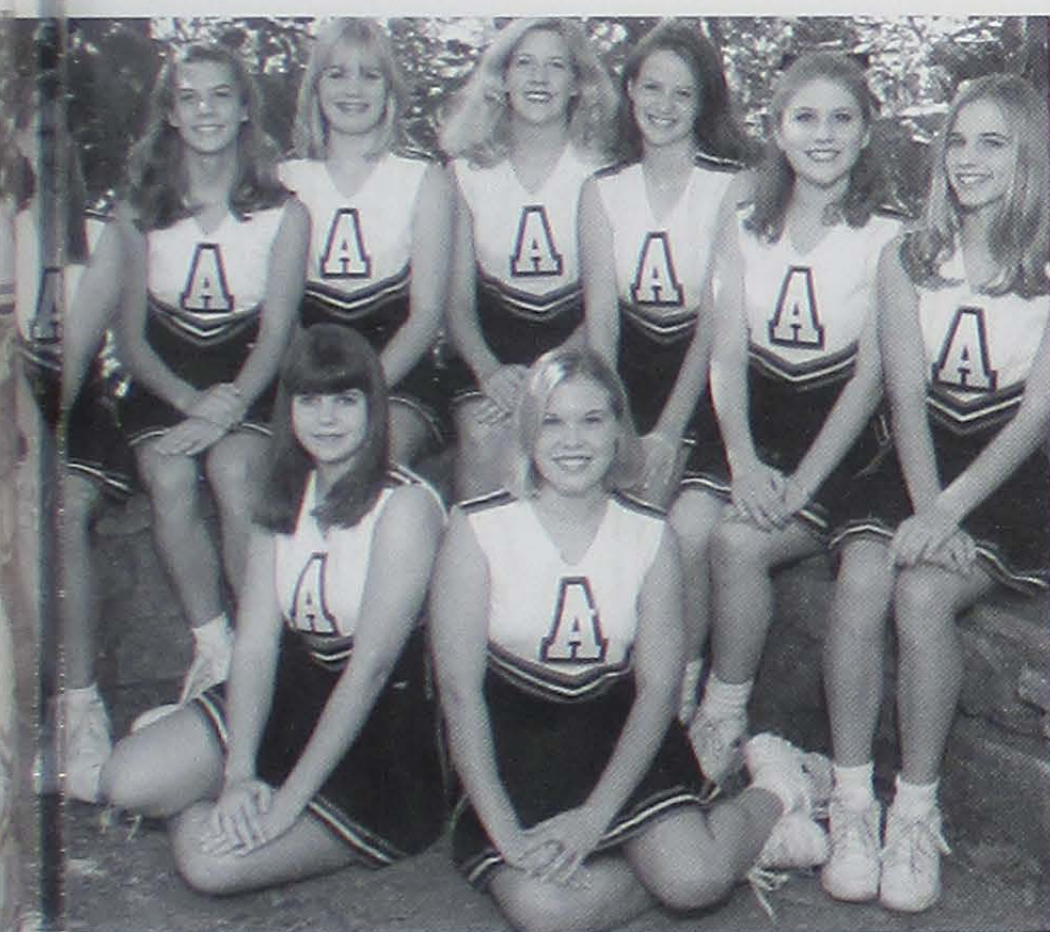
**HOLDING STEADY.** During the game against Des Moines East, the varsity cheerleaders performed a difficult stunt. "There weren't quite as many people at the afternoon games, but we still had fun cheerleading anyway," senior Cassie Clyde said.

#### INSIDE THE NUMBERS

**2:** place that the varsity squad received in state competition

**5:** number of times sophomore cheerleaders teepeed football players' houses

**168:** the number of free glasses of pop the varsity squad got at away games



**SOPHOMORE CHEERLEADING.** Front Row: Janell Hutchinson, Mindy Wren, Julie McKay, Emily Kell, Kristin Osmundson, Ginny Cron, Katie Finn, Hillary Barta, Elizabeth Hallam



**FRESHMAN CHEERLEADING.** Front Row: Kris Quinn, Annie Wacker, Megan Popelka, Julia McFarland Back Row: Agnieszka Pate, Emily Watts, Danielle Spencer, Lisa Hepperle, Julie Hinrichsen, Monica Stevens, Christine Benson



Senior Evan Jeffrey



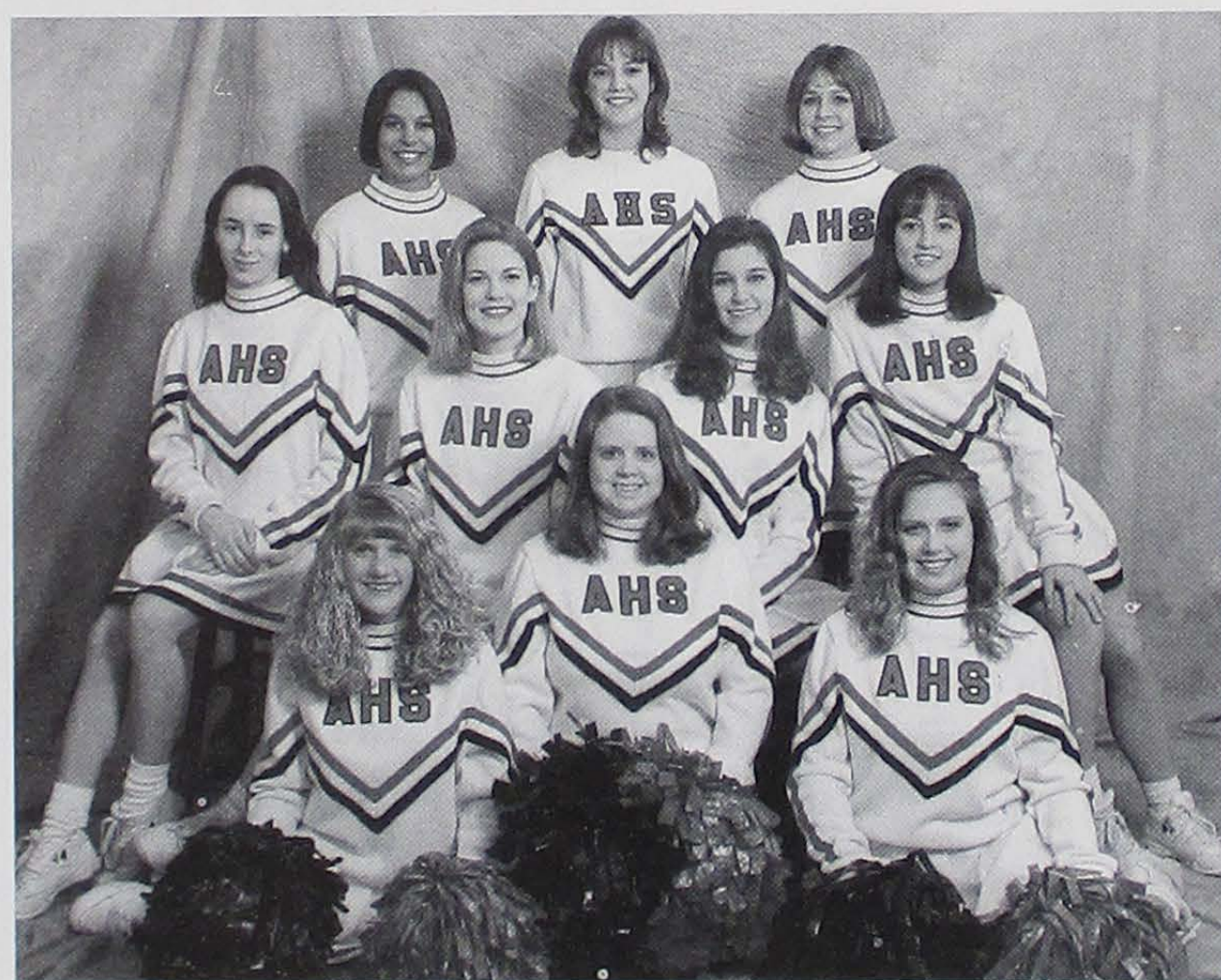
**TRUST ME.** Sophomores Theresa Nassif, Brooke Winton and Erica White cheer as sophomore Emily Kell is held up by her teammates.

## INSIDE THE NUMBERS

**31:** number of winter cheerleaders

**16:** approximate number of times the cheerleaders cheered to "Loyalty" at pep assemblies.

**48:** approximate number of times "Loyalty" was played during the boys basketball season.



**VARSITY SQUAD.** Front row: Heather Herold, Charity Roberts, Heather Risse Second row: Meredith Horton, Lauren Miller, Lynn Summers, Dana Doran Back row: Trisha Popelka, Melissa Peterson, Amy Corley



**SOPHOMORE SQUAD.** Front row: Adrienn Lanczos, Elizabeth Hallam Second row: Theresa Nassif, Brianne Magel, Emily Kell, Janell Hutchison Back row: Amber Weiers, Jennifer Lee, Kristin Osmundson, Erica White, Brooke Winton



Senior Gabe Padilla



# Making It Fun

Pom-poms. Short skirts. Never-ending smiles. That is all there is to cheerleading, right? Not really. There are hours of behind-the-scenes action going on to make a stunt go well or a cheer in unison. And what about the signs on students' lockers along the hallway?

"We spent hours every week making those things. It got to be a pretty time consuming," junior **Emily Corley** said.

The whole purpose of cheerleading is to promote school spirit, activate the fans at games and give encouragement to the players. It gives cheerleading a place in the sports world all its own.

"People forget why we are out there jumping around. It's not just for their amusement; we have a special purpose," sophomore **Brianne Magel** said.

Audiences are often amazed at the smoothness of the stunts. It seems that the girls appear on the top of a human pyramid without a hand. Fifty practice jumps at practice and a lot of trust help make that happen.

"It is all about trust. She is trusting us not to let her fall and it is up to us to come through," Corley said.

Cheerleaders know how to come through. They are what makes a slow game fun and a fast game even more exciting.

Through Workouts, hours of practicing stunts and games, cheerleaders kept their dedication and their smiles



**FRESHMEN SQUAD.** Front row: Elizabeth Volkers, Sarah Nutter Second row: Danielle Spencer, Andrea Thatcher, Julie McFarland, Christine Benson Back row: Sarah Kitchell, Brenna Dougan, Monica Stevens



Sophomores **Brianne Magel**, **Emily Kell**, **Erica White**, **Theresa Nassif** and **Elizabeth Hallam** perform a routine at a sophomore basketball game.



Sophomore **Devashis Roy**



# Beyond Expectations

Amazing strength and talent dominated the season, helping to break five school records and make two All Americans

Last year's seniors graduation left a bit of questioning for the success of this year's boys' swim team. This questioning was felt by the team. However, they knew that they weren't remnants. They knew the team would still be a major competitive force. And they were.

"The season went really well. A lot of people underestimated us after last year's graduates left, but we came through. We ended up with the best back-to-back finishes at State since the early eighties," senior **Jeff Fisher** said.

Part of their success is due to the strength within the group. The "team unity thing" of the season was the varsity team's bleaching their hair stark blonde.

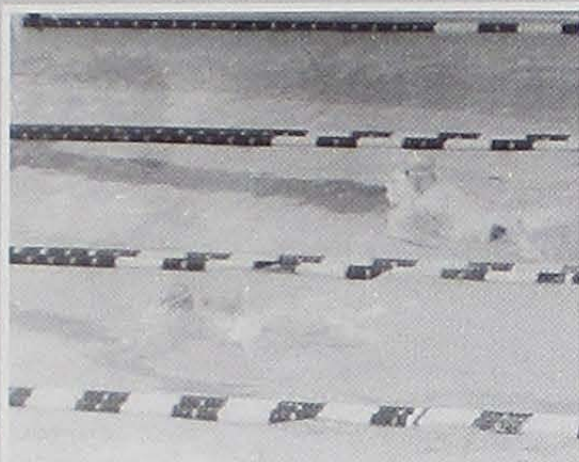
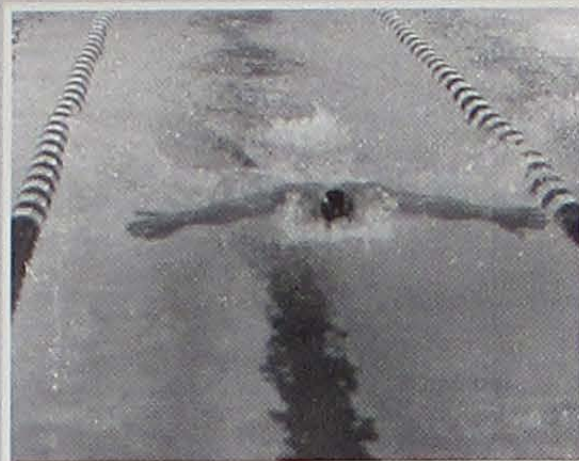
"It made us a stronger group because we all shared this trait. Besides, I've been waiting a long time to bleach and shave my hair," junior **Ryan Haynes** said.

Strength is a key part in being successful, especially in swimming, which demands total body exertion. However strength on the outside is not enough to win the race. The inner-strength must be as developed as the swimmer's muscles. That is something each individual must work on alone.

"I'm really impressed by the kids. You can tell they are really high caliber. Everyone of them works their hardest, everyday. They have that drive," coach **Mike Wittmer** said.

## Statistics

Dual Meets	7-0
Rusty Gaust	
Invitational	1st
Conference	1st
Districts	1st
State	3rd



CAUGHT IN THE ACT (FROM TOP TO BOTTOM) Junior John Russell; Junior Bryan McGeeney; Senior Jeff Fisher; Junior Sam Stanton and senior Lovrenco Franicevic

senior Abdul Nuhu

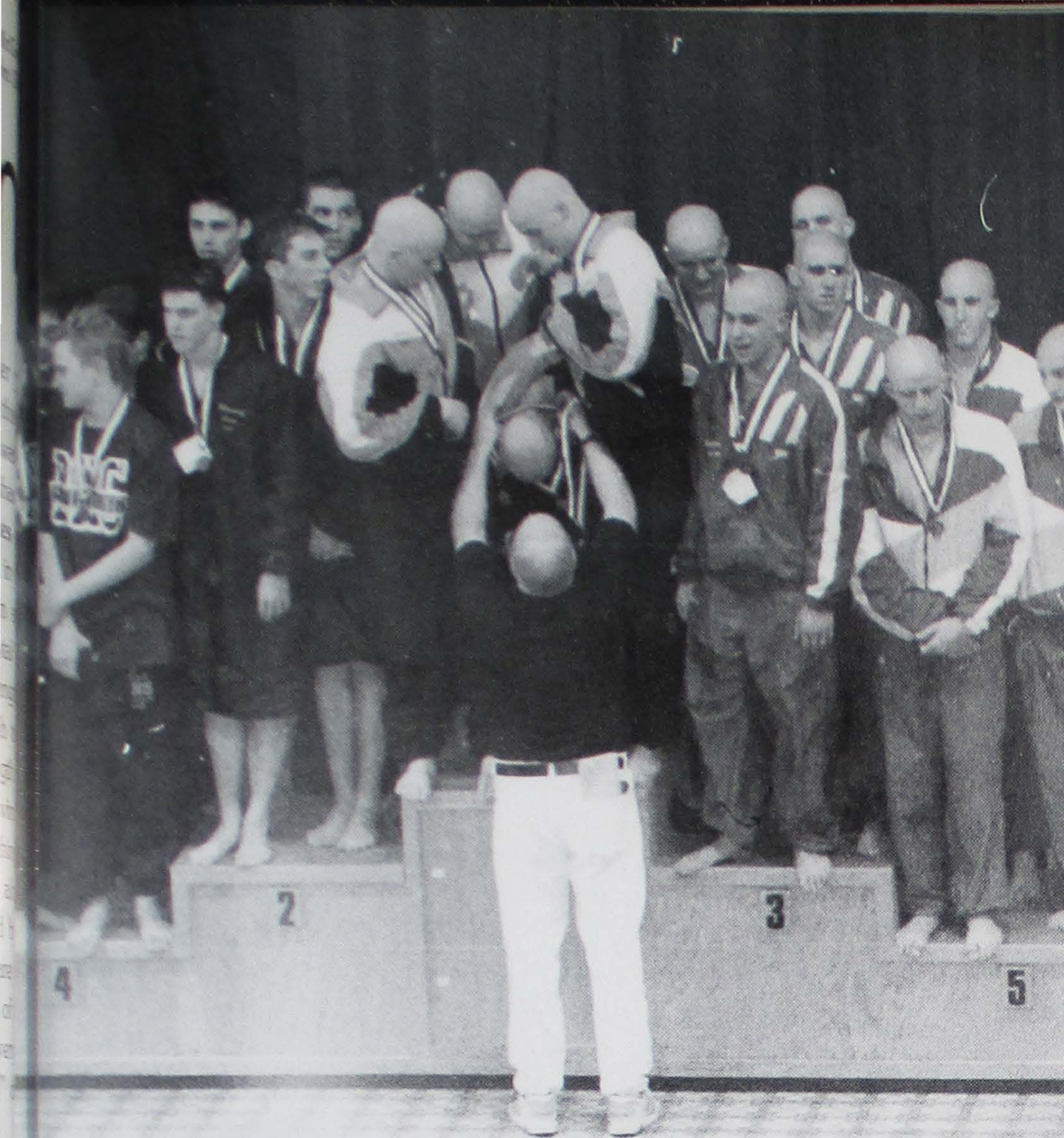


## 78 Boys' Swimming



BOYS' SWIM TEAM: Front Row: Gary Eches, Eric Hauber, Anthony Hartman, Matt O Scott Anderson, Andrew Brown, Dan Alexander. Second Row: Krisitn McGeeney, mgr., Naeve, mgr., Travis Cardwell, Brian McGeeney, Luke Healy, Todd Schweikert, Bjork Hill, drew Vardeman, Todd Shirk. Third Row: Cody Dakan, Coach Kim Gishleider, Adam Sum Ben Heller, Dan Gilloon, Kara Greving, mgr., Matia Jacobson, mgr., Fourth Row: Coach Wittmer, David Geiger, Jon Coy, Alan Hertz, John Russell, Trefar Benbow, Ryan Haynes. Row: Bryce Johnson, Nathan Terry, Jeff Fisher, Lovrenco Franicevic, Sam Stanton.





JUNIOR CODY DAKAN bends down to receive his first place medal at the state meet, as his relay team watches. They include seniors Nathan Terry, Lovrenco Franiceciv, and Jeff Fisher

#### New School Records:

200 Medley Relay 1:36.5

200 Freestyle,  
Lovrenco Franiceciv 1:41.34

100 Backstroke,  
Cody Dakan 56.64

400 Freestyle Relay 3:11.54

200 IM,  
Jeff Fisher 1:58.18



JUNIOR RYAN HAYNES holds numbers under water so that the swimmer knows what lap he is on. This is necessary during the long distance race.



Senior Louvrenco Franiceciv receives a hug and a first place medal from his coach, Mike Wittmer, at the state meet. Franiceciv won the 100 meter butterfly race.



senior Sarah Stolmeier



Team spirit as well as team dedication was an important part of the Varsity basketball team. Before games the team would huddle in the middle of the basketball floor to show the crowd how extensive their team spirit really is. "I really feel that the fans helped us this season," senior Jarius Ely said. "They definitely helped us stay in the game."

#### INSIDE THE NUMBERS

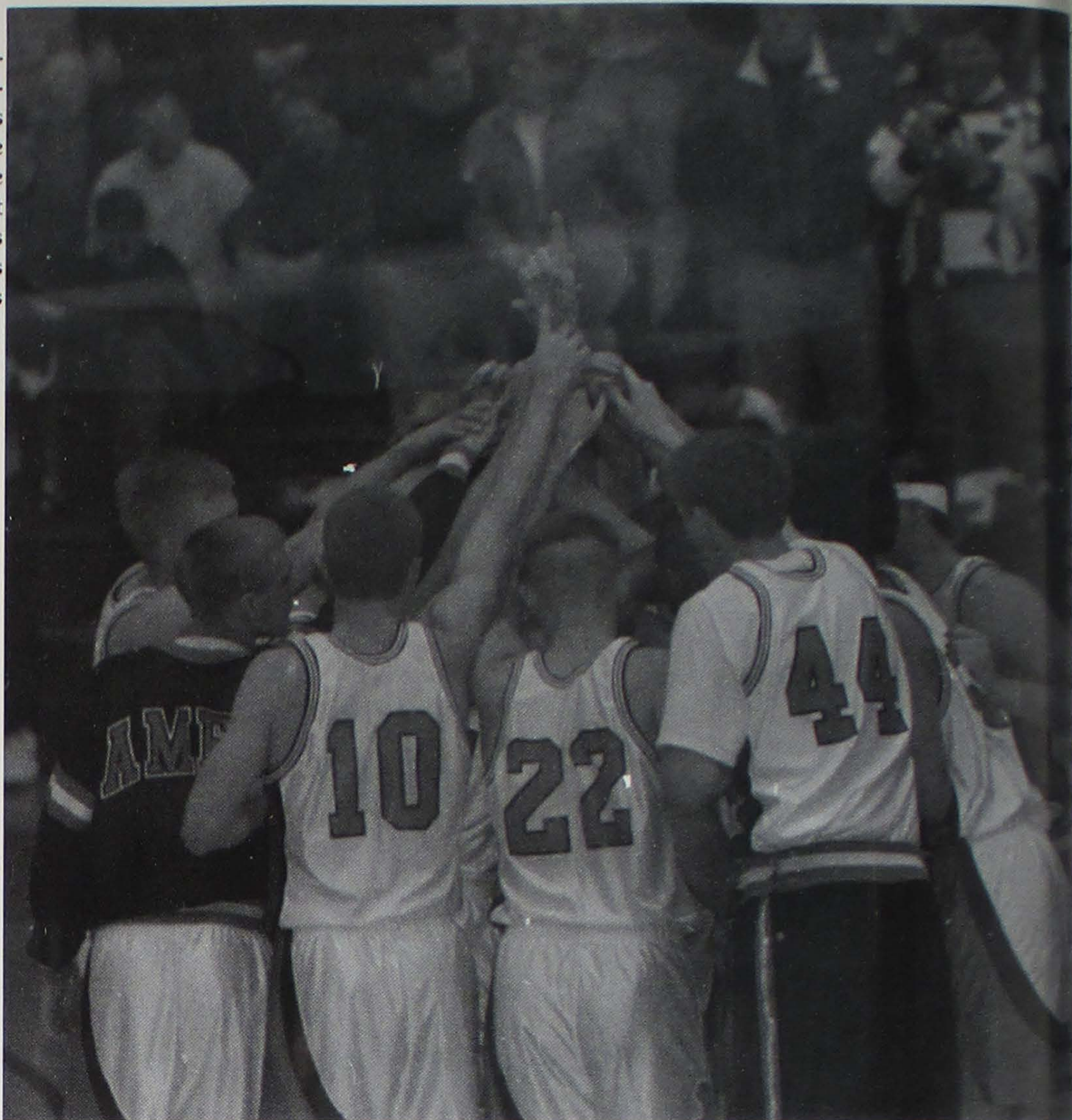
30-number of pairs of shoes worn amongst the players.

54-The highest jersey number on the Varsity team, worn by senior Patrick Inglett

4-Lowest jersey number, worn by junior David Joens. Chad Curtis had the biggest hair.

D.J. Brown was the tallest member of the team.

Jake Hanson was the shortest member of the team.



Shooting drills are one thing that is very important when it comes to playing basketball. Dustin Avey puts those skills to use when he tries for a basket at a home game against Newton. "When playing in a game, defense is very important, but playing offense and making baskets is just as important," Avey said. "I feel that by shooting in practice, it can only help us on the court."



Hustle is an essential when it comes to playing basketball. Jacob Rudolphi does just that as he tries to get the ball to his teammate. "Varsity Basketball was a lot of fun this year," Rudolphi said. "Being a senior, it gives you a chance to reflect on how much you have improved. It's a really great feeling knowing that you are getting better and better each day."



Senior Elizabeth Thompson





# Spirit of Success

While the Little Cyclones had heartbreaking losses, it was a watch this years basketball improve from the beginning of the season. The team also felt early about their team spirit, a concept that makes or breaks a team.

Early on during the season, a games in practice some of the players had a few scuffles," senior David Caldwell said. "I feel we improved on the team concept the last season."

When asked how they felt about the season, most of them had a positive opinion.

"It's been kind of a down year but we managed to stay positive," said David Joens said. "We wanted to finish the year off

strong."

Finishing off strong is exactly what they did. Their team spirit kept getting stronger throughout the season.

"Most of all the upsets and the Mason City Home games," Caldwell said. "My sophomore year we upset No. 4 Valley. My junior year, we upset No. 10 Ankeny, and at all the Mason City home games, the bleachers were full."

This years basketball team was special, especially to the five seniors. At the beginning of April, coach Wayne Clinton announced that he would be retiring. The last team Wayne Clinton will have coached was a team that learned about hard work, determination, and most of all, teamwork.

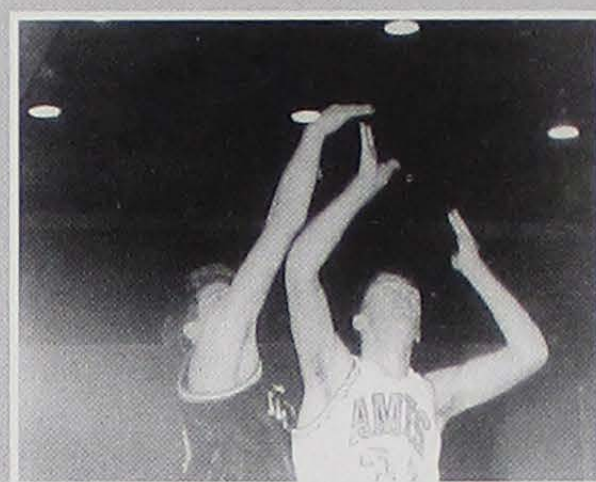
Team spirit and dedication helped with success both on and off the court.

## Varsity Boys Basketball

5 Wins 15 Losses overall



**Varsity Basketball:** Front Row: D.J. Burgdoff, David Joens, Ben Brown, Dustin Wetzell, Jon Burrows, James Burrows, Scott Stevemer, Jake Hanson. Second Row: Manager Kelly Meierkord, Dan, Asst. Coach Rob Kain, Head Coach Wayne Clinton, Asst. Coach Vance Downs, Asst. Coach Megill, Asst. Coach Esslinger, Manager Crystal Clark. Third Row: Patrick Inglett, Jacob Rudolphi, D.J. Avey, D.J. Brown, Matt Shimkus, Chad Curtis, Jarius Ely.



## CAUGHT IN THE ACT.

(From top to bottom): Junior Matt Shimkus; Junior Jamie Burrow; Junior Matt Shimkus; junior Jon Crawford.



Junior Keith Kelly



# Taking A Shot

The  
sophomores  
came  
together  
as one,  
while the  
freshmen  
played  
hard to  
the last  
seconds



CAUGHT IN THE ACT  
(From top to bottom):  
sophomore Andy Craig;  
freshman Micheal Doran;  
freshman Aaron Greving.



Freshman Ryan Beeman

## Statistics

Sophomore  
Overall  
9 Wins-9 Losses  
Conference  
6 Wins-8 Losses

Freshmen  
Overall  
A Team  
5 wins-7 losses  
B Team  
11 wins-3 losses  
Conference  
A Team  
5 Wins-6 Losses  
B Team  
11 Wins-3 Losses  
Urbandale Tournament  
0-1

From driving in for a lay-up to shooting a three-pointer, it didn't matter who made the shot. The players worked together as a team. The freshmen and sophomore boys played their games right down to the last second without giving up to fatigue and by keeping just one thing in mind: winning.

Since they worked together as one, they naturally knew when someone was open and when the perfect time was to make the shot.

"The strong point of our team was that we had strong unity throughout the season," sophomore **Karl Johnson** said.

Near the end of the season the sophomores played against diffi-

cult opponents, but it proved to be a learning experience.

"We had a tough schedule at the end of the year, but we came out OK because we played four games in five days at the end of the season," sophomore **Lucas Deadorff** said.

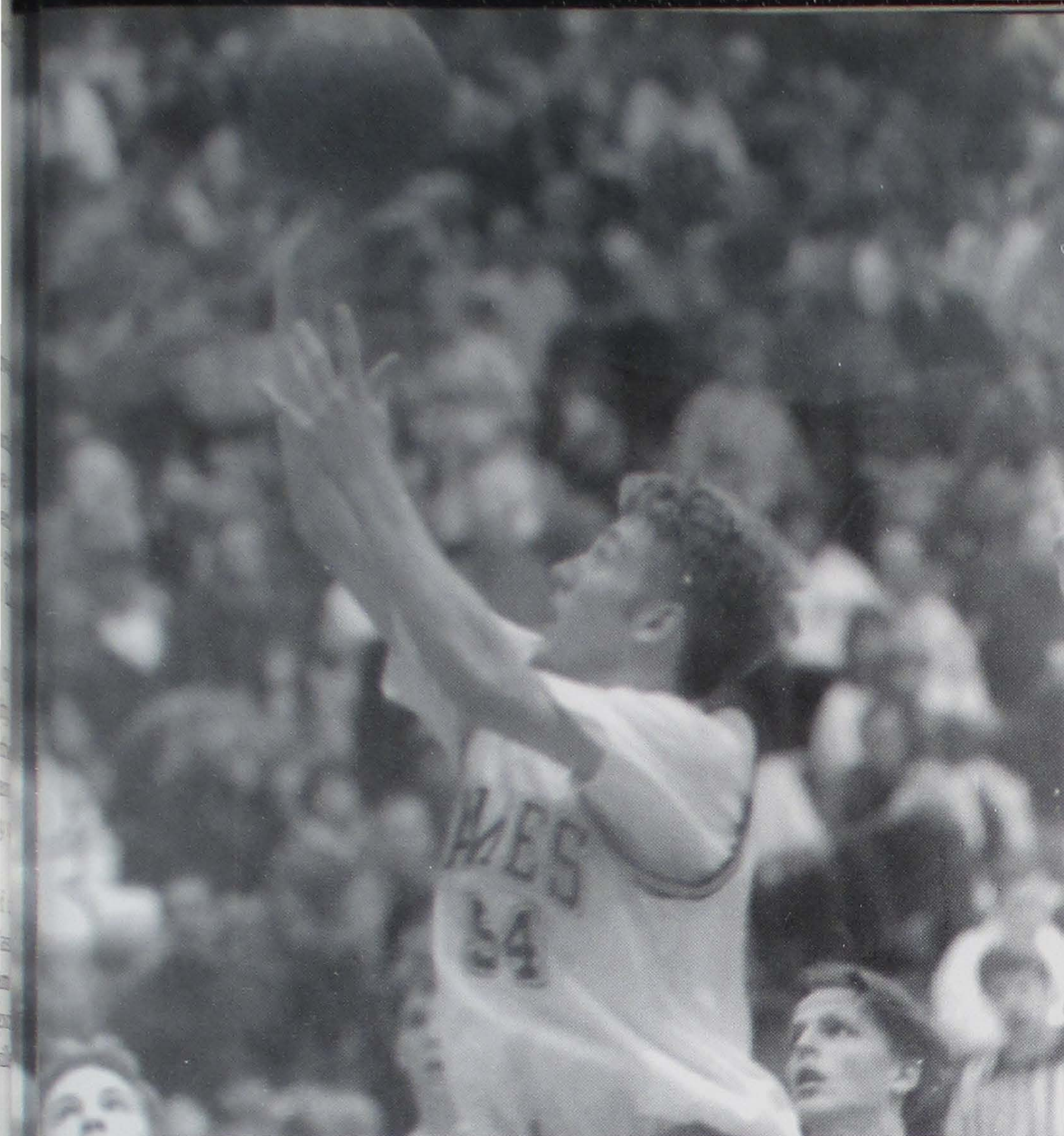
With the example of the sophomores strong unity, the freshmen also came together for their games. Despite many energy draining games, they never gave up.

"We played a lot of close games, right down to the last seconds," freshman **Brigham VanAuken** said. "They were exciting. It brought out the best skills and talents in all of us."



SOPHOMORE BOYS BASKETBALL: Front Row: Andy Craig, Joe Mowers, Curtis VanMaanen, Zach Keller, Lucas Deadorff, Matt MacCarley. Second Row: Dan Murray, Evan Sivesind, Mike Downs, Travis Sassmen, Mark Anderson, Roozbeh Ghaffarzadeh, Kris Achter. Back Row: Karl Johnson, Coach, Coach, and Manager Crystal Clark





FLYING THROUGH THE AIR, freshman Brad Lawler makes an attempt at a basket. He was the only freshman on the sophomore team.

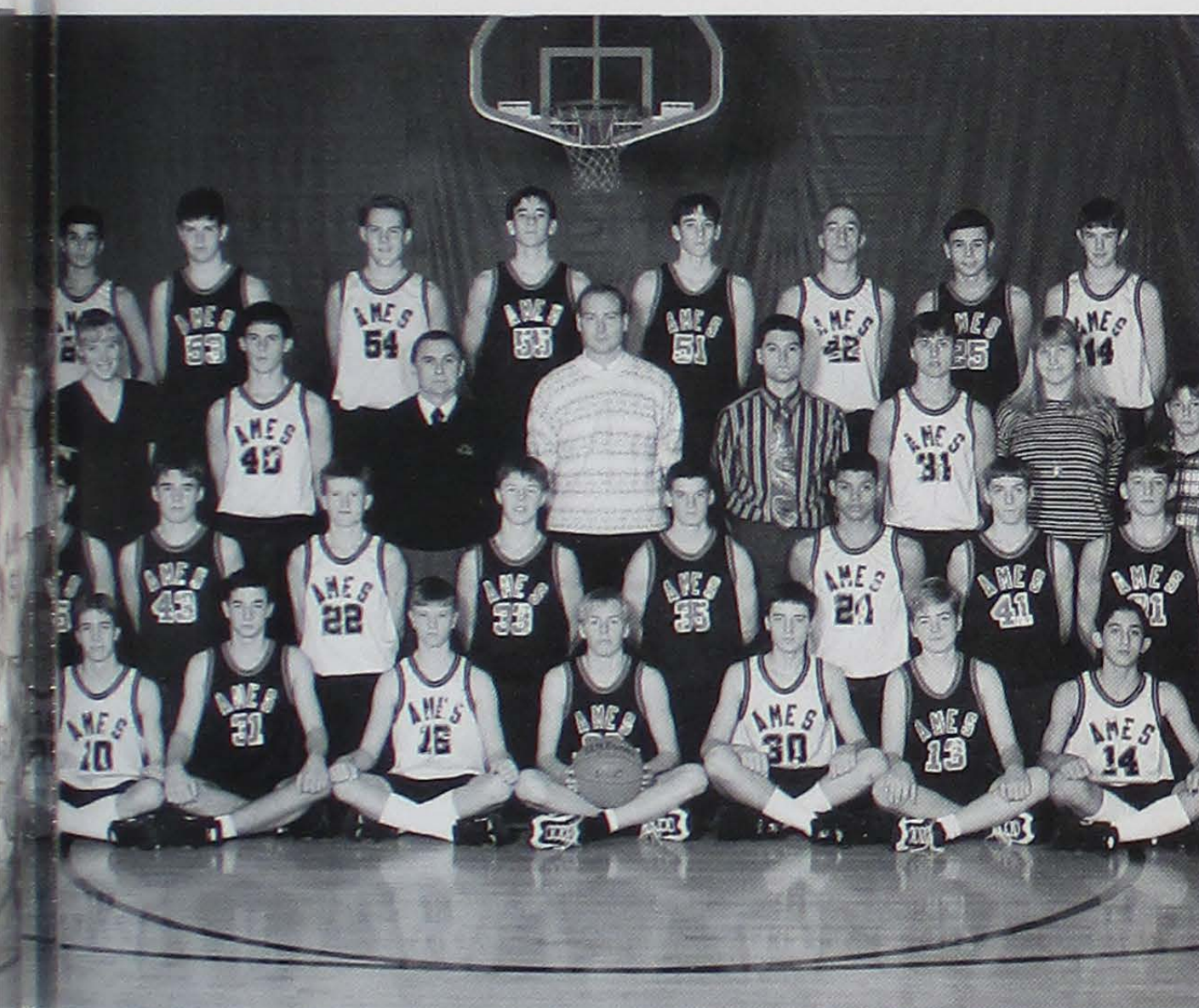
#### INSIDE THE NUMBERS

3: Technical fouls Coach Magill received

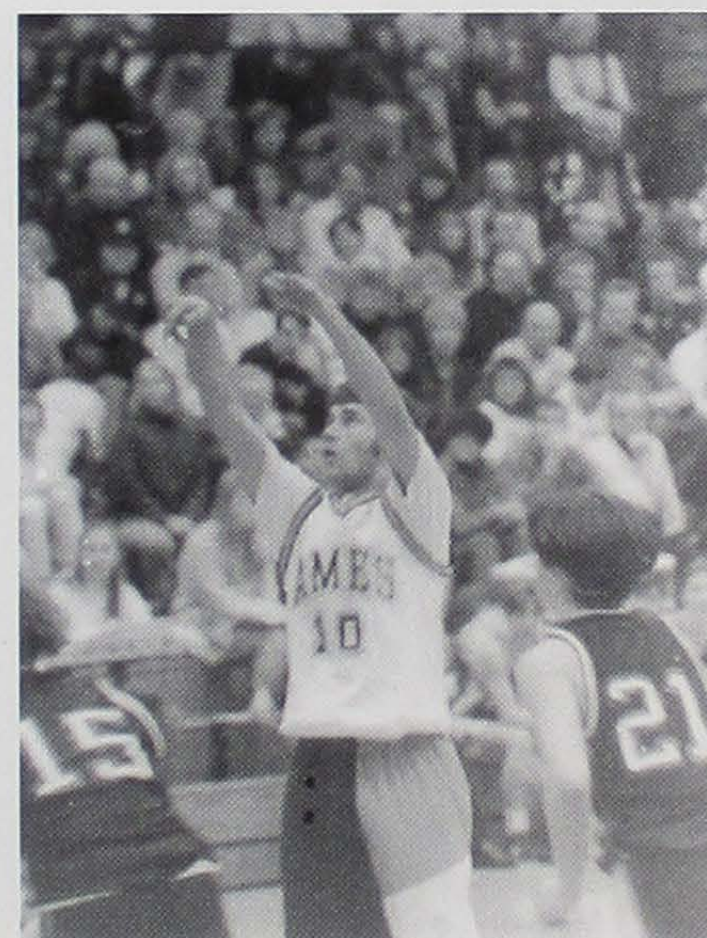
1: Freshman on the sophomore team.

2: Number of times the sophomore boys rode with the sophomore girls basketball teams.

3: Times a player made fun of Coach Magill's hair cut.



**AMES BOYS BASKETBALL.** Front Row: Kyle Schilling, Brigham Van Aucken, Garret am, Brandon Neff, Micheal Doran, Danny O'Brian, Parsac Fahtati. Second Row: Rami Mohamad, ie norman, Luke Guthrie, Cameron Staff, Kevein Heiberger, Aaron Greving, Eric Weber, Justin ap. Third row: Dawn Keply, Allison Stoops, Mike Shrum, Bob Heiberger, Andy Bremer, Trainer, ic stler, Megan Duple, Brian Jensen. Fourth Row: Ryan Paul, Seth Sheperd, Jess Clyde, ath Hill, Jared Hill, Justin Steskal, Justin Stodtman, and Eric Hogue.



RELEASING THE BALL FROM HIS HANDS sophomore Andy Craig watches to see if it goes through the hoop.



Freshman Heidi McElroy



Going up for the shot, junior Julie Ollila makes the basket against Newton. "We had a really great season. Our stats weren't real good but we had fun."

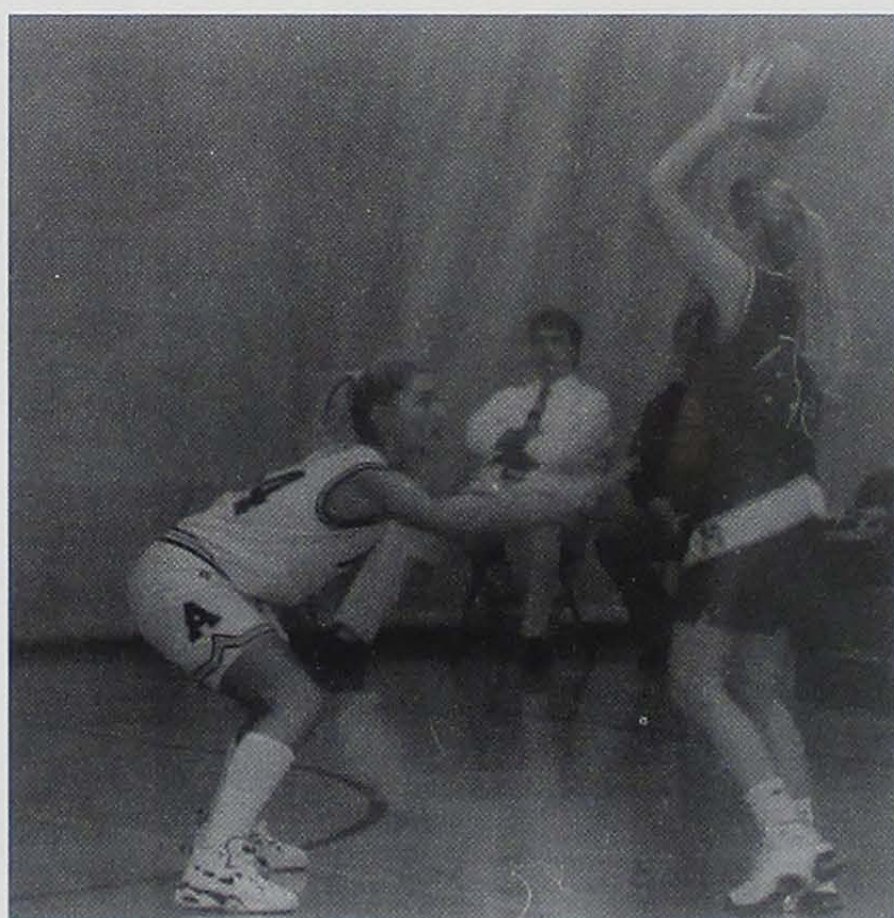
### INSIDE THE NUMBERS

12- the biggest shoe size on the team, Barb Bennett

5'1"- the height of the smallest girl on the team, Stephanie Wycoff

15-Freshman Sarah Bappe, the youngest player on the team this year.

Staying low to guard her opponent, senior Ashley Grundman keeps her eyes locked on the player. "The season was great, we had lots of fun. Being a senior I was sad though for it to end."



Keeping her eye on the basket, junior Barb Bennett tries for the shot. "We played really well as a team this year."



Soph. Jim Norris



# Working Together

positive attitude, harding the best team in the  
not, and dedication are things conference or losing to them,  
every athlete needs when teammates turn to each other  
ing sports. The girls varsity in their time of need.

asketball team possessed all of "We had a great time this  
ee qualities and much more. year," junior **Stephanie**  
tuent athletes are pushed to **Wycoff** said. "We beat  
s well as they can in aca- Ankeny (one of the best  
erks as well as their sports. teams in Iowa) and became  
m combination of good a team doing it. We helped  
aes and athletic ability made each other out and worked  
one varsity basketball team. together not against each  
We had great coaches that other."

us to a record breaking As the season wound  
ea" senior **Amy Olson** said. down the girls were reminded  
hy made basketball fun and of the good times they had on  
ompetitive for us." and off the basketball court.

inning and losing always Their friendships and memo-  
as a big part in the players ries will be forever sealed in  
ides. Whether it be beat- their minds.

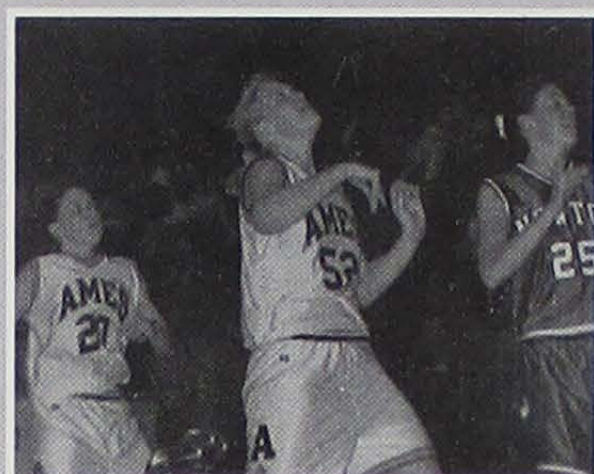
Positive  
attitudes  
and  
determination  
helped  
the  
girls  
achieve  
their  
goals.

## Statistics

State- 2-1  
Urb andale  
Tournament- 3-  
1  
Overall- 12-11  
Confrence- 6-8



**Varsity Basketball:** Front Row: Carrie Schupp, Sarah Bappe, Natalie Carver, Nicole Thomp-  
son, Muller, Stephanie Wycoff. Second Row: Emily Dobbs, Amy Olsen, Karyn Jetter, Julie Ollila,  
Katie Lyon. Back Row: Assist. Coach Judge Johnston, Barb Bennett, Head Coach Bruce  
Gardner, Ahley Grundman



**CAUGHT IN THE ACT** (From top to bottom:) Senior Jill Muller gives teammate a high five after a great play. Going for the tip off junior Barb Bennett reaches for the ball. Following her teammate freshman Sarah Bappe helps on the court. Finishing the game junior Katie Lyon goes for the shot.



Fresh. Krissy Quinn



# Building Blocks

Ninth and tenth grade girls basketball worked on improving physical and mental skills



**CAUGHT IN THE ACT:** (from top to bottom) Ames defense denies an Urbandale basket; Sophomores scramble after the ball; Sophomore team prepares to rebound; Ames defense blocks the lane.

As the foundation for future varsity teams, the freshmen and sophomore girls basketball teams focused on improvement rather than victories.

The sophomore team struggled during the season, but learned valuable lessons about competition.

"Coach Versteeg always asked us if we had our attitude before we went out on the court," sophomore **Trisha Dau** said. "He made us cards that said 'Shirt, Shorts, Shoes, Attitude' so we'd always remember."

The team focused on having fun and giving 100 percent every game.

"Coach Versteeg was happy with us if we gave 100 percent and

he motivated us to do better when we felt we didn't give our all," sophomore **Katie Milleman** said.

The two freshmen teams emphasized skill building. The team worked on running plays, shooting, dribbling and getting in shape.

"Our drills helped us for game and were fun for us to do," freshman **Julie Avey** said.

The attention to skills resulted in winning records for both teams.

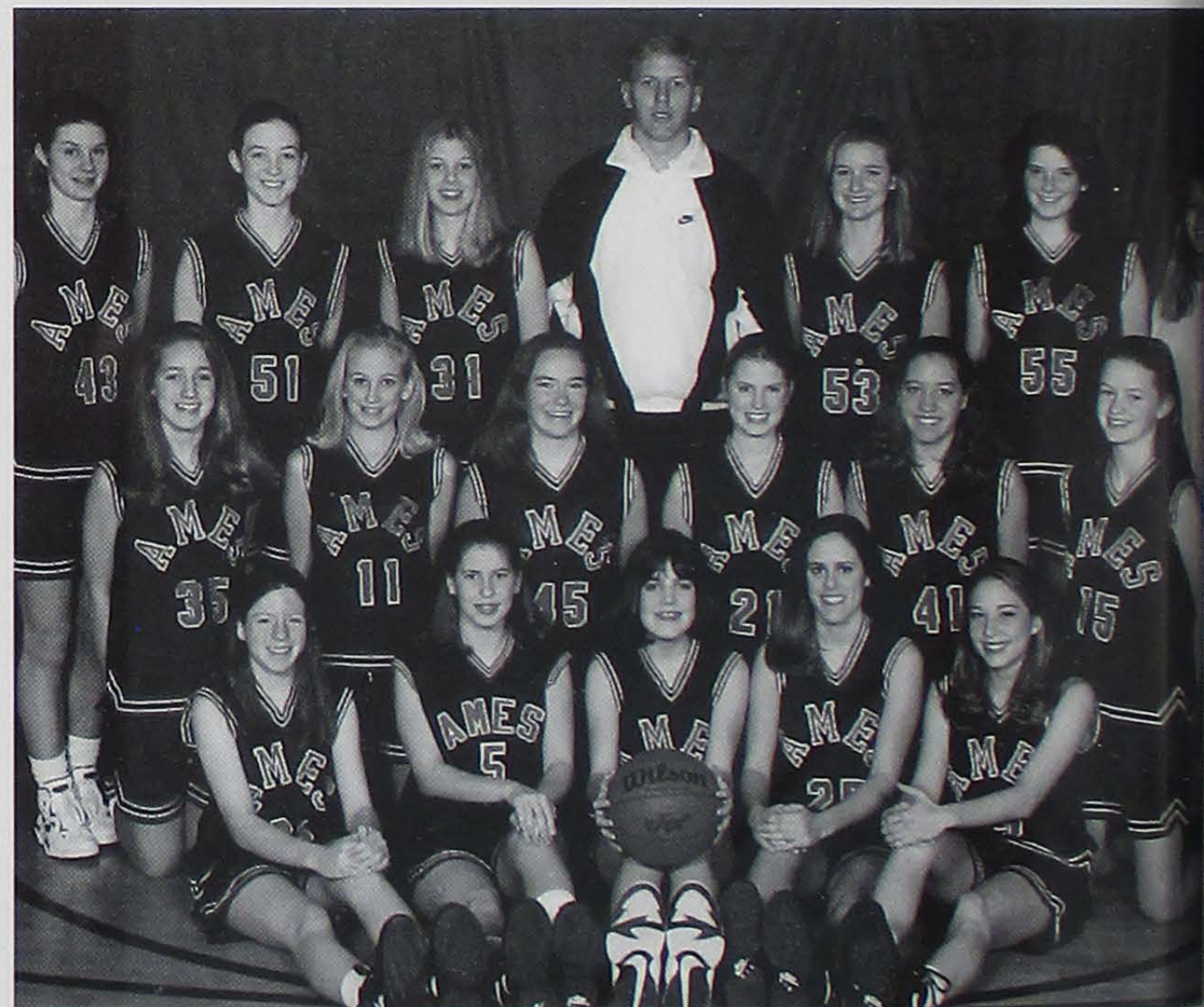
"We improved during the season. We grew together as a team and learned about basketball skills and about each other," freshman **Hannah Dobbs** said.

By concentrating on skills, attitude and fun, the freshmen and sophomore girls basketball teams prepared for future success.

## Statistics

SOPHOMORE  
RECORD  
1-16

FRESHMEN  
RECORD  
A: 8-5  
B: 8-5



**SOPHOMORE GIRLS BASKETBALL:** Front row: Tonya Goodall, Katie Milleman, Angie St. Autumn Hickman, Stephanie Wilson. Second Row: Rachel Best, Amy Kelso, Carrie Kearney, Courtney Arthur, Trisha Dau, Katie Finn. Back Row: Erin Carter, Christy Rippey, Sarah Helmar, Coach Versteeg, Emily Stolmeier, Missy Kauzlarich, Trainer

Sophomore David Teas







**PLAYING TOUGH.** Sophomore Carrie Kearney defends in a game against Marshalltown.

### INSIDE THE NUMBERS

**2:** number of freshmen teams

**30:** total points scored in freshmen B game at Urbandale

**76:** number of shoes needed for the 9/10 girls basketball teams to play a game



**TAKING A BREAK.** The sophomore team discusses strategy with Coach Dan Versteeg during a time out.



Senior Anneke Van der Valk

**FRESHMEN GIRLS BASKETBALL:** Front Row: Hannah Dobbs, Heather Hurley, Erin Maysent, Persaud, Carianne Bouillon, Erin Fox, Kristi Roosa Second Row: Elaine Wells-Gray, Lori Avey, Julie Avey, Megan Sweeney, Shawnee Kingsbury, Kira Wade, Sarah Jones, Heather Smith Third Row: Lisa Smart, Jessica Ensley, Stacie Dunlap, Raquel Hansell, Coach Mark Jurgenson, Meagan Fox, Emily Peterson, Molly McNertney, Trainer



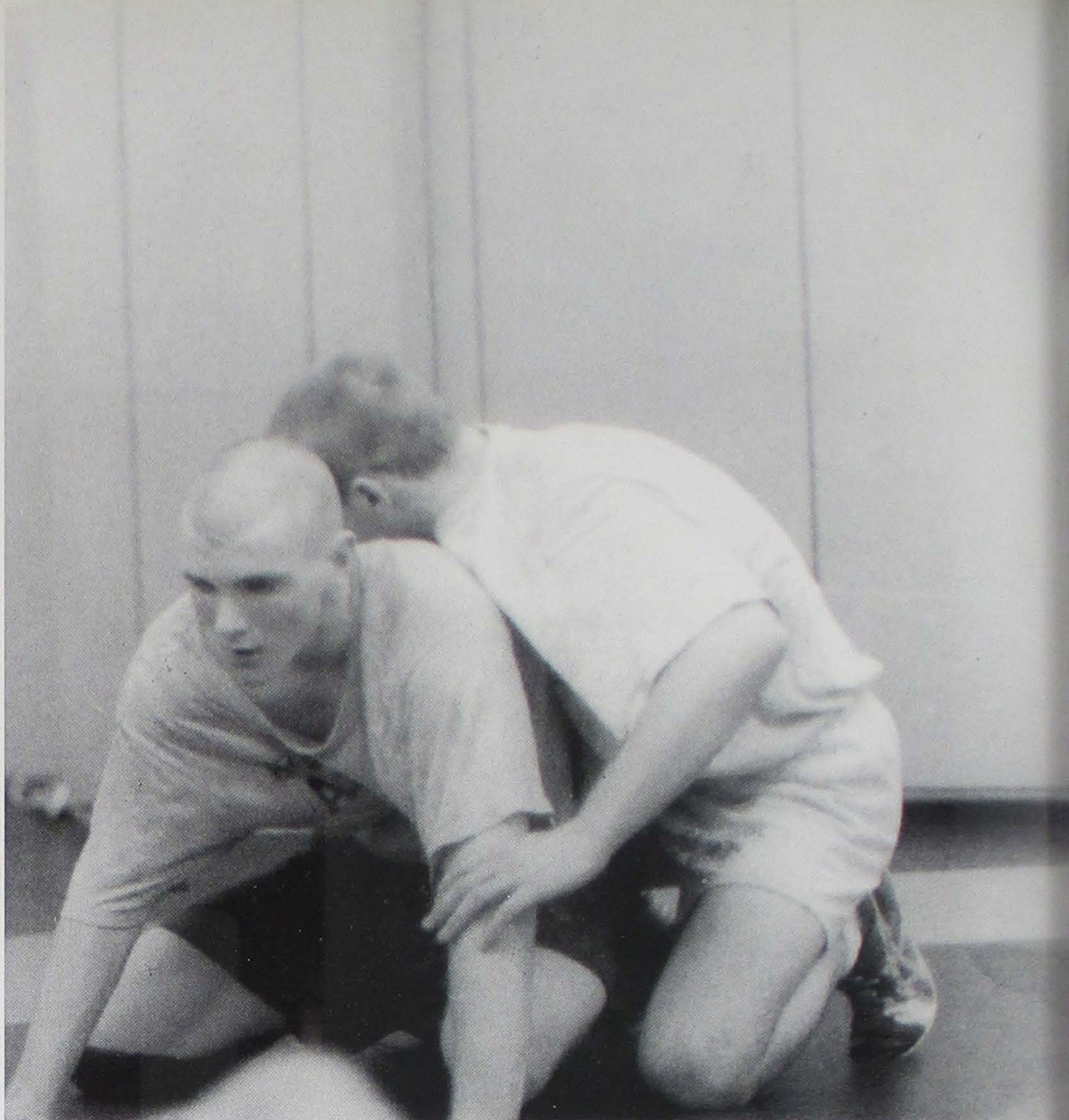
**FACING OFF.** Two wrestlers get into position to the begin an practice match. The practice matches were important in skill development.

#### INSIDE THE NUMBERS

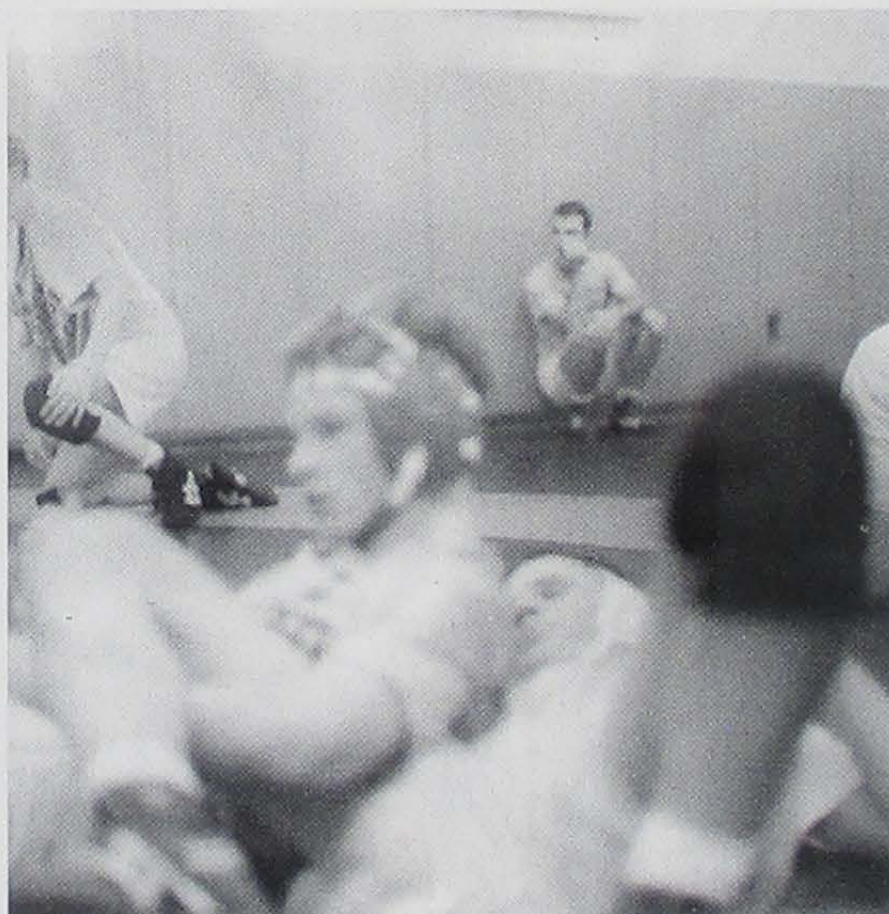
**2:** Players made it to State Tournament, senior **Sevond Cole**, and sophomore **Jim Martin**

**20:** Number of people **David Kinley** pinned, which broke a school record

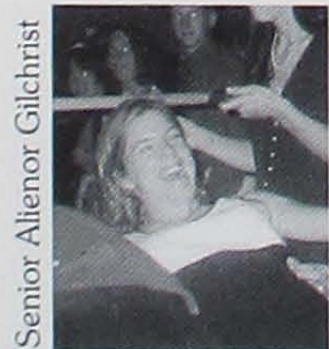
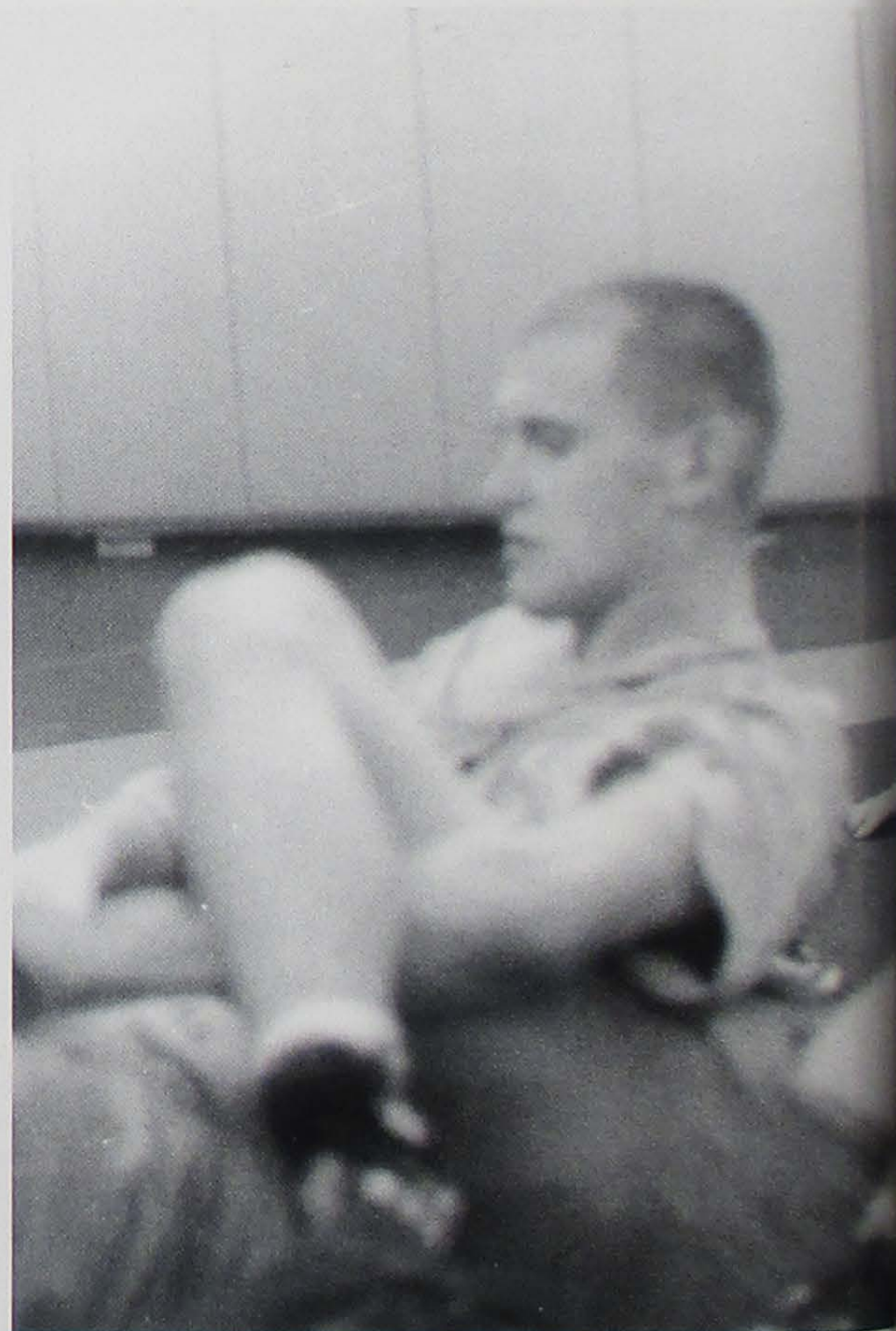
**132:** Pounds separating the lightest wrestler and the heaviest wrestler on the team



**EYES UPON THEM.** Coach Rick Caldwell looks on as he watches members of his team practice.



**COMING OUT ON TOP.** At practice a wrestler has managed to pin another wrestler. The wrestlers often held mini-matches in practice.



Senior Alienor Gilchrist



# Working Towards A Win

Hearing the pounding on the mat from the official signaling the pin. The feeling of exhilaration after winning the first match of the meet. These are the things the wrestling team heard, saw and felt during the 1995-96 season when they stepped out on the mat.

Before all the matches, the wrestlers trained long hours for the moment when they faced their actual opponent.

"Not many people realize the effort and dedication involved in wrestling," junior **Brian Good** said. "The best feeling is when the ref raises your hand at the end of the match, and you remember what you learned at practice."

Being dedicated is always a factor in sports. The wrestlers got up early and practiced, only to then go put in a whole day of school and homework afterwards. Wrestlers were also expected to train in the off season.

"The hard work that we put in at practice really showed on the mats," freshman **Jeff Kinley** said. "Although the fan support was not that great, we still performed to the best of our ability."

With tough workouts and undying dedication, the wrestling team was able to feel the exhilaration of their hands being lifted in the air.

The wrestlers practiced hard, but didn't get fan support they deserved

Story by  
Erin  
Wentworth

Photos by  
Jennifer  
Varnado

## Statistics

Ames Invite- 1st  
CR Invite- 2nd  
Tom Karpan Invite- 1st  
Indianola Invite- 3rd



**WRESTLING.** First row: Manager Lacey Martin, Josh Greenlee, Eric Lambi, Ezra Hallam, Gavin Martin, Sensak Kiojai, Mark Nutter, Lance Christians, David Kinley, Aaron Sage, Nick Myers Second row: Manager Taylor Anderson, Matt VanderZyl, Josh Magie, Greg Bowles, Jeff Roeske, Sevon Cole, Ryan Cline, Jim Martin, Justin Holdgrafer, Tanner Hensley, Ben Fowles, Jeff Kinley Back row: Alex White, Adam Carlson, Randy Pyle, Trainer, Jim Sellers, Coach Matt Brandonburg, Coach Rick Caldwell, Coach Chad Latch, Coach John, Jay Vogel, Doug Rouske, Adam Diesberg, Jeff Diesberg



Seniors Robyn Epstein and Nicole Achler



# Playing With Fire

Giving their all day after day paid off for the hockey team with a sixth place at state.

Imagine getting up at 6:30 on Wednesday mornings to go to practice at an ice rink. Freezing you nose, fingers and any other exposed body parts to thick hard ice. This years hockey team lived through little bruises and cuts so bad they needed stiches.

"One time at an early practice, I was cut by **Dustin Morrison's** ice skate," sophomore **Chad Johansen** said. "I had to get 10 stiches in my leg. It left a really cool scar though."

Leaving physical scars

was not the only thing the team had to deal with. They had to learn to balance their studies, practice, and social life.

"The hockey season is a lot longer than any high school season," junior **Tyler Frasier** said. "We start in the middle of November and continue until late in March."

Getting their physical work out daily, finding time to do homework and managing to see their friends. The hockey players gave their all every day of the week.



From top to bottom: Ames hockey players wait to go out on the ice; Coach Steve Jackson and sophomore Jason Kilmer play around; Sophomore Joe Ward and freshman Nick Mabe play around in the halls; A hard day after the game teammates sit around and watch television with the number one fan sophomore Lindsay Pick.

Junior Mark Nutter



**Boys Hockey:** Front Row: Tim Christians, Steve Huebsch, Jamie Lawlor, Lance Hodger, Jamie Kearney, Joe Ward, Dan Hammens, John O'connel, Nick Mabe, Chad Johansen. Second Row: Toby Knapp, Zach Brown, Dustin Morrison, Scott Aldrich, Brett Bumgardener, Scott Anderson, Eric Baily, Adam Steege, Ryan Arneson. Back Row: Coach John Newell, Andrew Murdoch, B.J. Carey, Kyle Frizzle, Matt Huebsch, Brad Payne, Aaron Hagen, Tyler Frasier, Marr Heintz, Ryan Handley, Andrew Hagburg, Coach Scott Jackson.





Ames vs Dubuque at the JV state tournament. Ames is going for the goal with sophomore Brett Bumgardener. "The season was great. We had a lot of fun at state where we placed sixth."

### Inside the Numbers

10- the number of stitches in Chad Johansen's leg from a skating accident.

2- the average number of broken hockey sticks per game



Ames Hockey players come together to talk about their strategy while waiting for their teammates.

Junior Tyler Frasier (27) tries to get one last goal before the sound of the buzzer. "We had a great season this year."



Soph. Matt Bull



**JUMP BALL.** Seniors Gabe Padilla and Ryan Ridnour fight for control of the ball during the tip-off. The friendly competition gave the I-Ball leagues their character. "I-Ball is verbally competitive. There's a lot of trash talking before, after and during the game," Padilla said.

## INSIDE THE NUMBERS

**8:** number of girls I-Ball teams

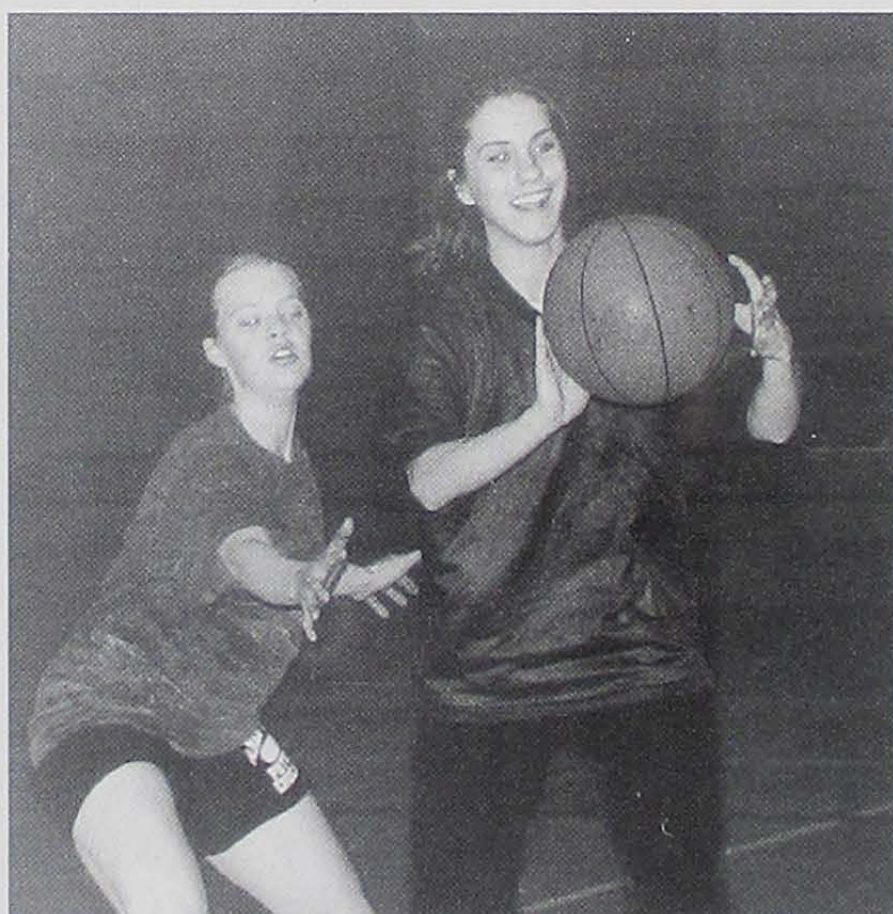
**16:** number of boys I-Ball teams

**52:** points scored by junior **Erin Johnson** in one game

**2:** Slam dunk kings of boys I-ball, junior **Klint Belz** and senior **Ryan Ridnour**



**A PASSING FANCY.** Junior Kara Zeimet attempts to pass around senior Melissa Fatland's defense. I-Ball gave students the chance to play with and against their friends. "I-Ball was a blast. No coaches, no rules, and Alienor Gilchrist and I rocked the house," Zeimet said.



**SHOOTING STARS.** Junior Nick Bokhoven takes a shot over physics teacher Mike Petersen. Playing the faculty team was a highlight for the boys I-Ball teams.



Sophomore Elizabeth Hallam



# Happy Fun Ball

Sam dunks, three pointers, good shots, fighting for rebounds, going down the lane. It's Wednesday night at the AHS Gym--I-Ball game Night. Every Wednesday during the winter boys and girls from all grades gathered for fun and friendly competition. "I-Ball is real laid-back. You get to pick your own teams and play with your friends," senior **Steve** said.

I-Ball players vary in skill level and background. Some play to get away from the stress of high school or. Other athletes are trying to get in shape during the off-season. "I-Ball is a good place for people who don't have talent to act like they do have talent," senior **Jason Webb** said. It's also for people who like

to play basketball, but don't want to be on the school team."

Although I-Ballers aren't playing for the school team, it doesn't mean I-Ball isn't competitive.

"I was looking to be in a non-competitive situation," junior **Anne Barnhart** said, "but girls I-Ball can be nasty."

The lack of officiating and high intensity gave I-Ball games their own character.

"I-Ball is a fun way to take out your frustrations on the opponent and let it all out," senior **Sarah Sienknecht** said.

Played with fun and camaraderie in mind, some of Ames High's best basketball games took place in the AHS gym on Wednesday nights.

I-Ball allowed students to showcase talents and play ball without pressure



**LOT OF BUSTLE.** Senior Michelle Hunziker goes for a rebound during a girls I-Ball game. Basketball experience is helpful but not required in I-Ball. "Aggressive wins the game every time," Hunziker said.



**CAUGHT IN THE ACT** (from top to bottom): senior Matt Loney attempts a dunk; seniors Moses Lueth and Jeff Besser face off; a Pink Canoe shoots a free throw; I-Ball fans Nishant Parulekar and Dan Zimmerman pose with junior Adina Rollins



Freshman Spencer Mickelson



# A Tradition Continues

Both  
depth  
and  
breadth  
helped  
the girls  
track  
team to  
defend  
their state  
title



**TOP TO BOTTOM:** Freshman Erin Maysent; Sophomores Tolu Fadeyi and Amber Englen; Senior Naila Meyers and junior Amy Corely.

Junior Chris Thompson



Every member of the girls track team is familiar with the phrase "we have a championship tradition." It is heard from the lips of the coaches and written in the record books. It is more than a statement, however. It is a challenge to each of the runners.

"The coaches keep saying, 'you know we haven't lost a varsity meet since 1987 except for state. Do you want to break this record?' Having that in the back of your mind helps push you forward a little faster," senior **Michelle Roberts** said.

Looking at the freshmen's season, the tradition should continue for a while. Four of the team's ten All-Staters were freshmen. The same four are also school record holders, some more than once. Ten

freshmen ran varsity on regular basis.

How does a team come up with such good runners for so many years in a row? Having one of the largest squads in the state helps. This year's team had 147 girls. The larger numbers gives the team versatility because there will always be enough girls to cover all of the events.

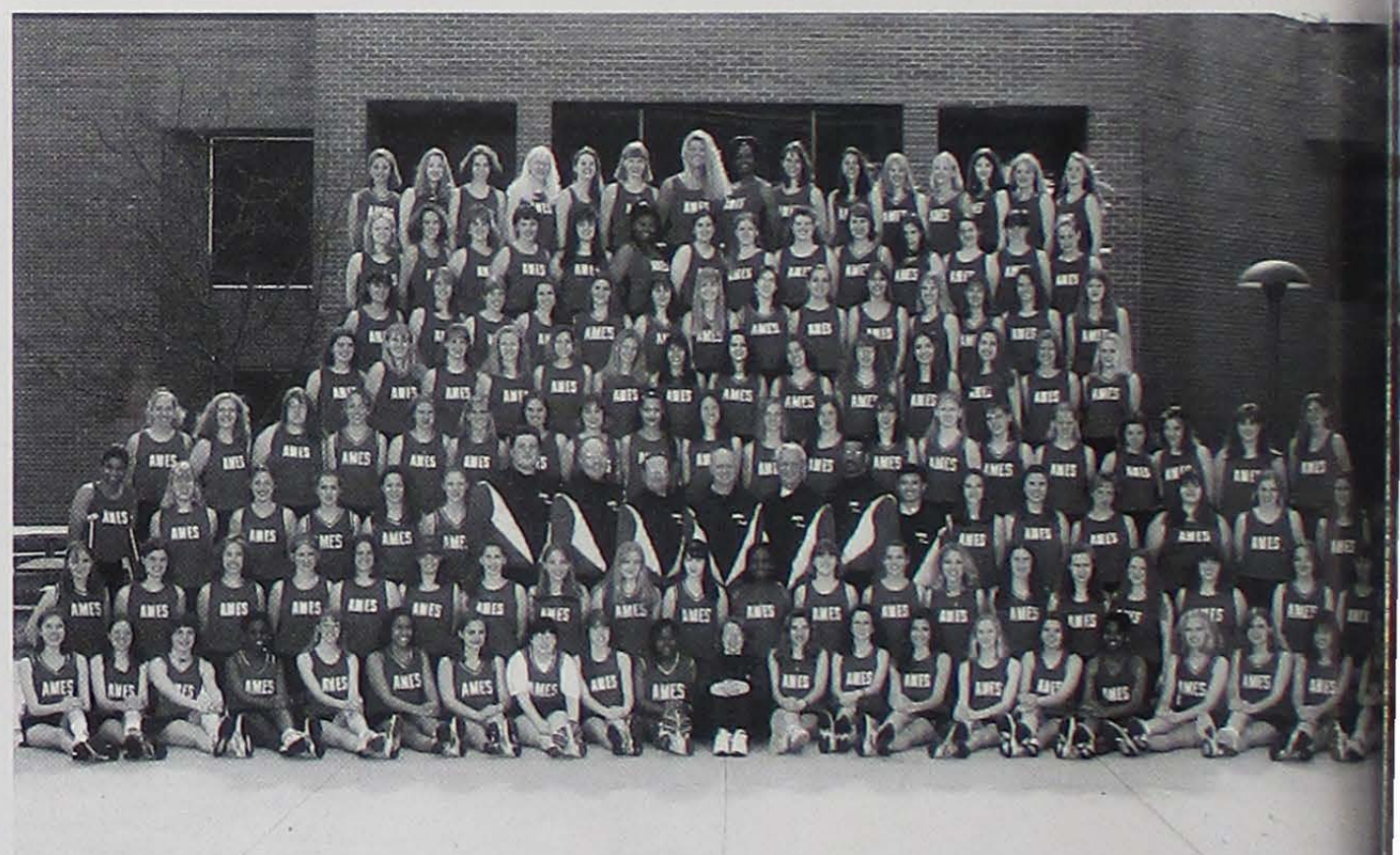
The team may have the largest numbers, but they are also the closest.

"You may not know every single girl, but everyone has a strong sense of comraderie," junior **Beth Foote** said.

Perhaps that comes out of all of them facing the same challenge: continue the tradition.

## Statistics

Cedar Rapids Invite	1st
Indianola Invitational	1st
Little Cyclone Invitational	1st
Fort Dodge Invitational	1st
Drake Relays 4x100	1st
Mason City Invitational	1st
District	1st
Conference	1st
State	1st



**GIRLS TRACK:** Front Row: Cerrisa Fultz, Tonya Goodall, Margo Levine, Wendy Magadza, Erica Wehner, Danielle Spencer, Suzanne Lustgraf, Kristi Tostin Oguntinsin, manager Michelle McCracken, Meghan O'Neill, Stephanie Wycoff, Julie Van Slyke, Darcy White, Adrienne Lanczos, Johanne DeWint, Rollenhagen, Carolyn Andrews, Dana Doran, Angela Adams. Second Row: Angela Salvo, Amber Engelen, Dawn Tesdall, Kelly Hallihan, Jessica B. Jennifer Hallihan, Katie Millemann, Stephanie Wilson, Amanda Holder, Katherine Sorenson, Tolu Fadeyi, Robin Boyd, Emily Kell, Carianne Boulton, Hay Dobbs, Renessa Osterberg, Kassie Ladely, Brooke Winton, Kristen McGeeney, Shannon Goldman. Third Row: Adina Rollins, Amy Johnson, Sarah H. Jennifer Carpenter, Erika Prater, Christine Benson, trainer Eric Van Ellen, assistant coach Larry Middleton, assistant coach Kirk Schmaltz, head coach Jim. assistant coach Tom Jorgenson, assistant coach Wayne Clinton, assistant coach Adi Pomphasi, Jessica Wray, Brianna Magel, Heather Manger, Beth G. Elizabeth Hallam, Alayna Ellis. Fourth Row: Trisha Dau, Camie Keamey, Melanie Osbourne, Abigail Whitt, Erin Johnson, Jennifer Greenfield, Nicole T. son, Amy Corley, Jocelyn Wilson, Shawnee Kingsbury, Erin Maysent, Sarah Bappe, Megan Shill, Jill Hardy, Amber Ling, Emily Duffelmeyer, Alianor G. Kara Zeimet, Amy Van Slyke, Christine Poist. Fifth Row: Beth Foote, Jessica Ensley, Julie Avey, Sarah Jones, Tiffany Belz, Nicole Shaul, Megan Popelka, Ritz, Beth Miskimins, Laura Goodwin, Lindsay Pick, Rachel Best, Jessica Larson, Amy Kelso. Sixth Row: Carrie Christianson, Laura Beerman, L. Litchfield, Jaclyn Sprong, Emily Wall, Patricia Steffes, Joni Hunziker, Brenna Dougan, Claire Gilchrist, Mary Russell, Lindsay Heiligenthal, Michelle M. Molly McNertney, Sarah Osmundson. Seventh Row: Julie Tosten, Michelle Roberts, Susannah Lyon, Samantha Mills, Amber Hill, Stacie Dunlap, Kelly D. Elizabeth Bovenmyer, Suzanne Block, Matia Jacobson, Kara Greiving, Anne Bamhart, Cassie Rice, Jennifer Sargent. Eighth Row: Emily Stoltmeier, Bittner, Mary Jiscke, Lisa Cronin, Erin Carter, Michelle Hunziker, Ashley Grundmann, Karyn Jetter, Julie Ollila, Heidi McElroy, Erin Wentworth, Kristina. Jessica Warren, Kristen Osmundson, Symantha Miller. Not Pictured: Audra Slocum and Naila Meyers.





FRESHMAN MOLLY MCNERTNEY hands the baton to freshman Jessica Wray in the 4x400 at the State preliminaries. The relay placed fifth in the State finals.

### INSIDE THE NUMBERS

6: New School Records:

Shot Put-

Ashley Grundman - 42'4.5"

1500 M Run-

Alienor Gilchrist - 4:46.48

100 M Hurdles-

Juilie Ollila - 14.4 sec

4x100 -

Erin Maysent, Ollila, Jenny Greenfield, Amber Engelen - 49.03

Sprint Medley -

Tolu Fadeyi, Greenfield, Engelen, Maysent - 1:48.80

4x 800 -

Claire Gilchrist, Kristi Roosa, Lindsay Heiligenthal, A. Gilchrist - 9:29.30



FRESHMAN SARAH KITCHELL easily clears a hurdle in the shuttle hurdle relay. Hurdling requires not only speed, but also strong technique.

SENIOR SUZANNE BLOCK prepares to throw the discus at the Ames Invitational. Throwers were an important part of the team, providing much needed points in field events.



Senior Adam Baumeister



**STAYING IN THE RACE.** Sophomore Derek Steelman chases a Valley runner in the 3200 meter run. Steelman was one of the leaders in a young distance group.

### INSIDE THE NUMBERS

**3:** place at the Conference Meet

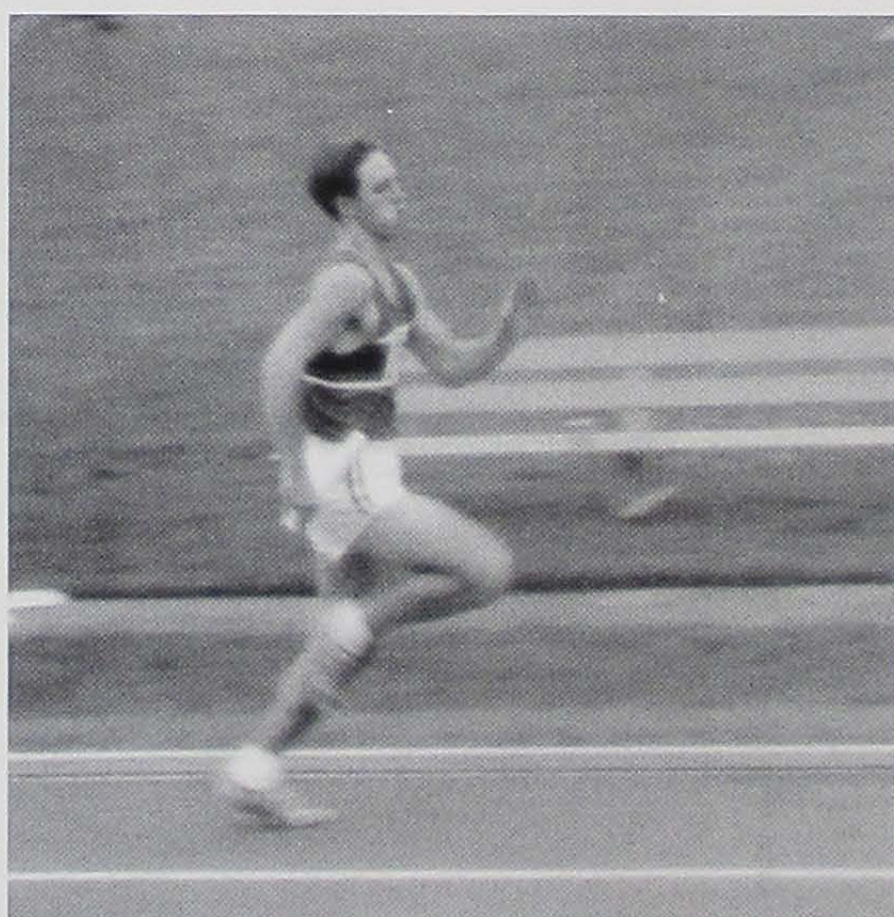
**6:** place at the State Meet

**2:** state champions, senior **Dustin Avey** in the 400 meter hurdles and the 4 x 400 relay of junior **Mark Charter**, sophomore **David Cheney**, seniors **Matt Loney** and **Avey**

**50.96:** seconds it took **Dustin Avey** to run the 400 meter hurdles at the State Meet, setting an all-time state record



**LEADING OFF ON TOP.** Junior Mark Charter runs the lead-off leg of the 4 x 400 meter relay at the State Meet. The relay was the team's best, winning in meets regularly. They finished first at the State Meet.



**SURGING AHEAD.** Freshman Jon Sedgwick competes in the 100 meter dash. Strong winds on the day of the meet forced the runners to run the opposite way to have favorable conditions.



Soph. Janell Hutchison





# Breaking the Tape

For a team that's used to winning the 1996 boys track season could have been a disappointment. This season the team won every race until being State runner-up. In 1996 the boys found themselves losing more than usual. The team had to replace key sprinters and distance runners as well as compete against tougher competition. However, the track team was able to rediscover the team concept and improve over the season.

"We went through a time period when we weren't doing well. We had a team meeting and worked things out. We became a Big Happy Track team again and started to improve," sophomore **David Cheney** said.

Through the team's struggles,

the boys enjoyed highlights on and off the track.

"One day at practice Dustin Avey dared Jeff Happe to eat a worm. Dustin threw this huge worm in the air and Jeff caught it in his mouth, chewed and swallowed," sophomore **Mark Anderson** said.

Fun and games aside, the team came through when they needed to.

"It was exciting to see how we came back after all the adversity. The 4 X 400 coming back and winning at State showed what we could do," freshman **Erik Distler** said.

Through their troubles, the 1996 boys track team discovered what it means to be a team.

Boys track team used a rejuvenated team spirit to achieve a strong finish



**BOYS TRACK.** Front row: Jeff Longman, Brock Swenson, Courtney Moore, Aaron Sage, Jon Sedgwick, Kyle Schilling, Brian Jensen, Tim Noxon, Devashis Roy, Alex White, Jeff Kinley, Brandon Neff. Second Row: Manager Allison Stoops, Ezra Hallam, Michael Morain, Michael Guthrie, David Cheney, Allan Penner, Derek Steelman, Jason Clark, Adam Wagner, Jeff Happe, Manager Jennifer Veale, Manager Mike Grotenwald. Third Row: John Russell, Drew Hamilton, Travis Nichols, Brian Good, Coach Dan Versteeg, Coach Vance Downs, Coach John Peizer, Coach Bruce Vertanen, Lucas Deardorff, Sean Manatt, D.J. Burgduff, Zach Keller. Fourth Row: Dan Johnsen, Eric Beck, Eric Weber, Cameron Staff, Erik Distler, Mark Charter, Aaron Greving, Troy Hamblin, Troy Devens, Adam Stegge, Aaron Weiss, Mark Gardner, Jon Mauk, Mark Anderson, Matt Miller, Ryan Paul, David Miller, Robbie Smalling, Nathaniel Ginder, Chris Melvin, Jess Grotenwald. Sixth row: Mike Dimberger, Joel Minion, Jason Webb, Ryan Tesdall, Ryan Ridnour, Jake Hanson, Scott Stevemer, Paul Grotenwald, Moses Lueth, Jamie Burrow, Brent Antisdal. Seventh row: Andrew Hoiberg, Matt Loney, Dustin Avey, Alan Hertz, Clint Murray, Nic Salsbury, Brad Lawler.



**CAUGHT IN THE ACT.** (From top to bottom): freshman Aaron Greving; freshman Luke Guthrie; sophomore Andrew Choi and senior Jason Webb; senior Dustin Avey after a Drake Relays victory.

## Statistics

### VARSITY:

Graceland Invite - 1st  
Ankeny Duel - 1st  
Ray Byrnes Invite - 3rd  
Hi Covey Relays - 1st  
Bobcat Invitational - 1st  
Drake Relays  
4 x 800 - 12th  
4 x 400 - 4th  
110 m Hurdles - 1st  
400 m Hurdles - 1st  
Ames Invite - 3rd  
Hawk Relays - 2nd  
Conference Meet - 4th  
State Meet - 6th

### JUNIOR VARSITY:

Ankeny Duel - 1st  
Ray Byrnes Invite - 1st  
Bobcat Invitational - 1st  
Ankeny Duel - 1st  
Ames Invite - 1st  
Hawk Relays - 1st  
Conference Meet - 1st

### FROSH/SOPH:

Ankeny Duel - 1st  
Hi Covey Relays - 1st  
Urbandale Invite (9) - 1st  
Urbandale Invite(10) - 2nd  
Little Hawks Relays - 1st  
Conference Meet - 1st



Junior Ken Okiishi



# Serving Aces

Working as a team paid off for the tennis team when they were in the final four at state.



**CAUGHT IN THE ACT:** From Top to Bottom: Junior Naomi Lohr; Senior Jill Muller; Juniors Meghann Hunt and Natalie Carver, Senior Jill Muller playing Junior Natalie Carver.

A hush falls over the crowd as the two opponents battle it out to see who is better at tennis. One wins and the other one fails. Tennis is a game of concentration, skill, and much hard work. This years girls tennis team contains all these qualities and much more.

"We had a great time this year on the tennis team," sophomore **Breeze Smith** said. "The team really supports each other while we are playing and after we're done. We have a lot of fun at meets too."

Being supportive of each other is a good quality that each team should have. Cheering each other on is not the only thing the tennis team did this year. They made many new friends and kept of few

old ones.

"One time at a meet **Nick Thiede** and I made up a dance Coolio's 1,2,3,4," sophomore **Megan Rademacher** said. "Now the whole team knows it and 1,2,3,4 is our team song."

Having fun was not always an issue during practice. The team knew when they needed to buckle down and work hard, whether be for state, conference, or the district meet.

"Mr. Thiede is a great coach," senior **Jill Muller** said. "He always kept us on our feet and worked us hard when we needed it."

Good coaching and dedication by teammates led the girls tennis team to greatness.

## Statistics

Overall: Wins 15 Losses 3

Conference: Wins 6 Losses 1

State Team Tournament: 4th Place

State Doubles Tournament: 3rd Place

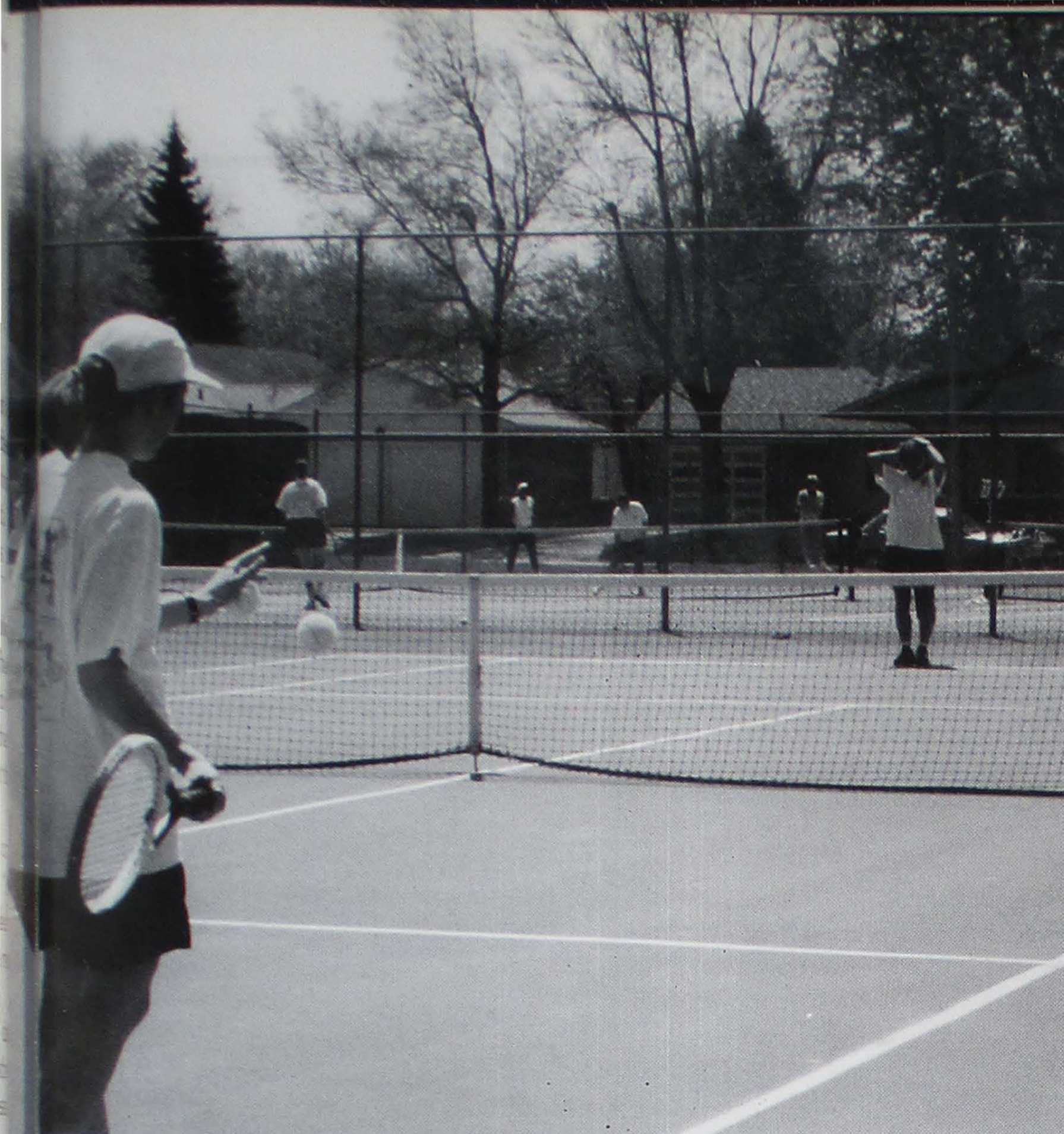


**GIRLS TENNIS:** Front Row: Breeze Smith, Naomi Slutski, Theresa Nassif, Megan Sweeney, Sherry Chung, Aletia Van Brocklin, Agnieszka Pate. Second Row: Assistant Coach Suzy Shierholz, Coach Len Thiede, Steffi Drewes, Nicki Thiede, Megan Rademacher, Natalie Carver, Jill Watson, Hannah El-Khabiry, Shannon Floyd. Back Row: Nomi Lohyr, Gretchen Guffy, Meghann Hunt, Emily DeJill Muller, Carrie Tett.



Soph. Jon Olson





After exhausting her teammate senior Jill Muller gets ready for the next set. "We had a really great season this year." Muller said.

#### Inside The Numbers

2- girls qualified for the state doubles (Emily Dobbs and Meghann Hunt)

1- girl qualified for the state singles (Gretchen Guffy)

8- members of the team are All-Academic



Watching their teammates juniors Meghann Hunt, Natalie Carver, and Nicki Thiede, with senior Jill Muller sit and hope for a win. "Watching people play at state was really awesome this year," Natalie Carver said.

Junior Naomi Lohr get ready for her opponent to return her serve. "The season was very unpredictable, especially with the weather."



Senior Pat Inglett



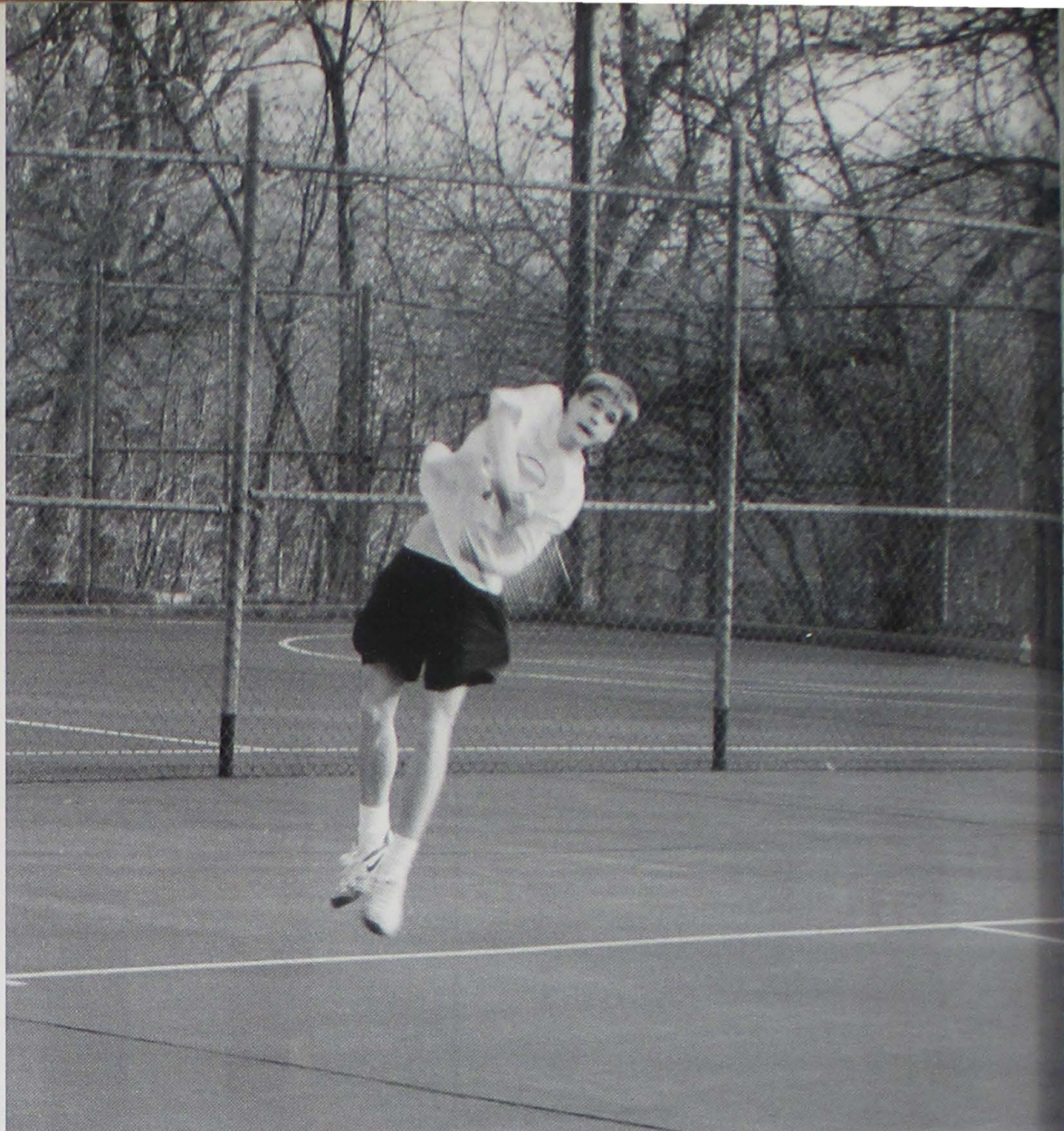
Following through after hitting his serve, senior Mark Bailey concentrates on watching the ball sail across the net. Quick and steady moves were a must to be a member of the boys tennis team.

### INSIDE THE NUMBERS

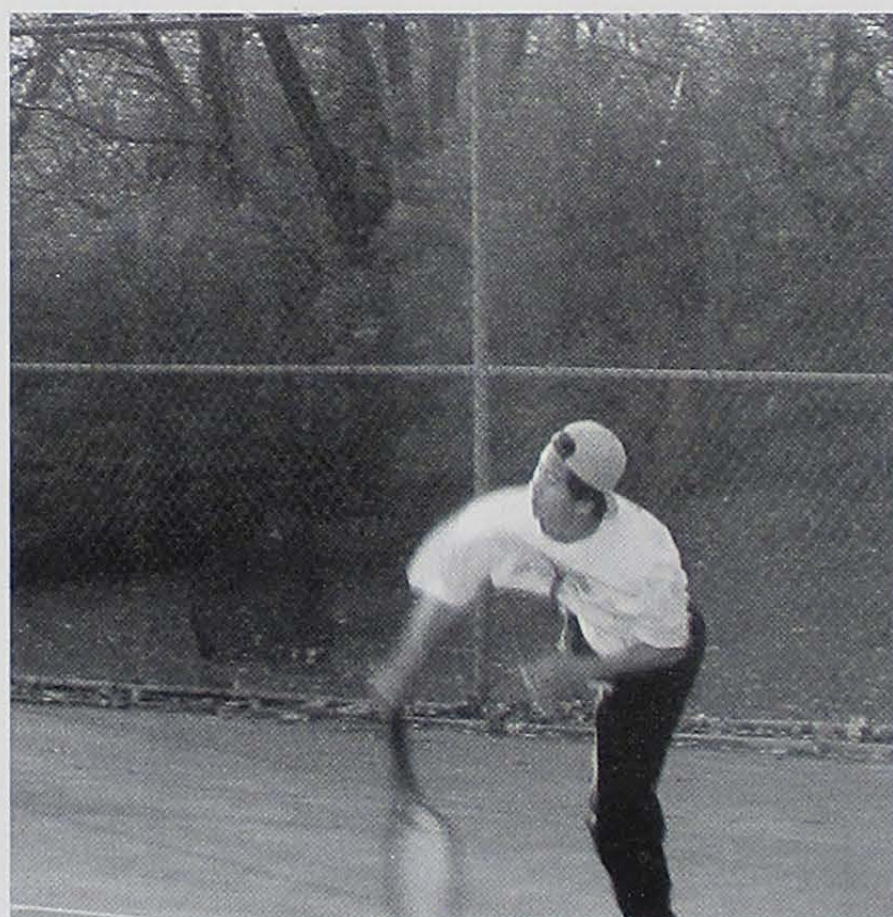
1: the number of broken raquets throughout the season.

2: lost pairs of socks

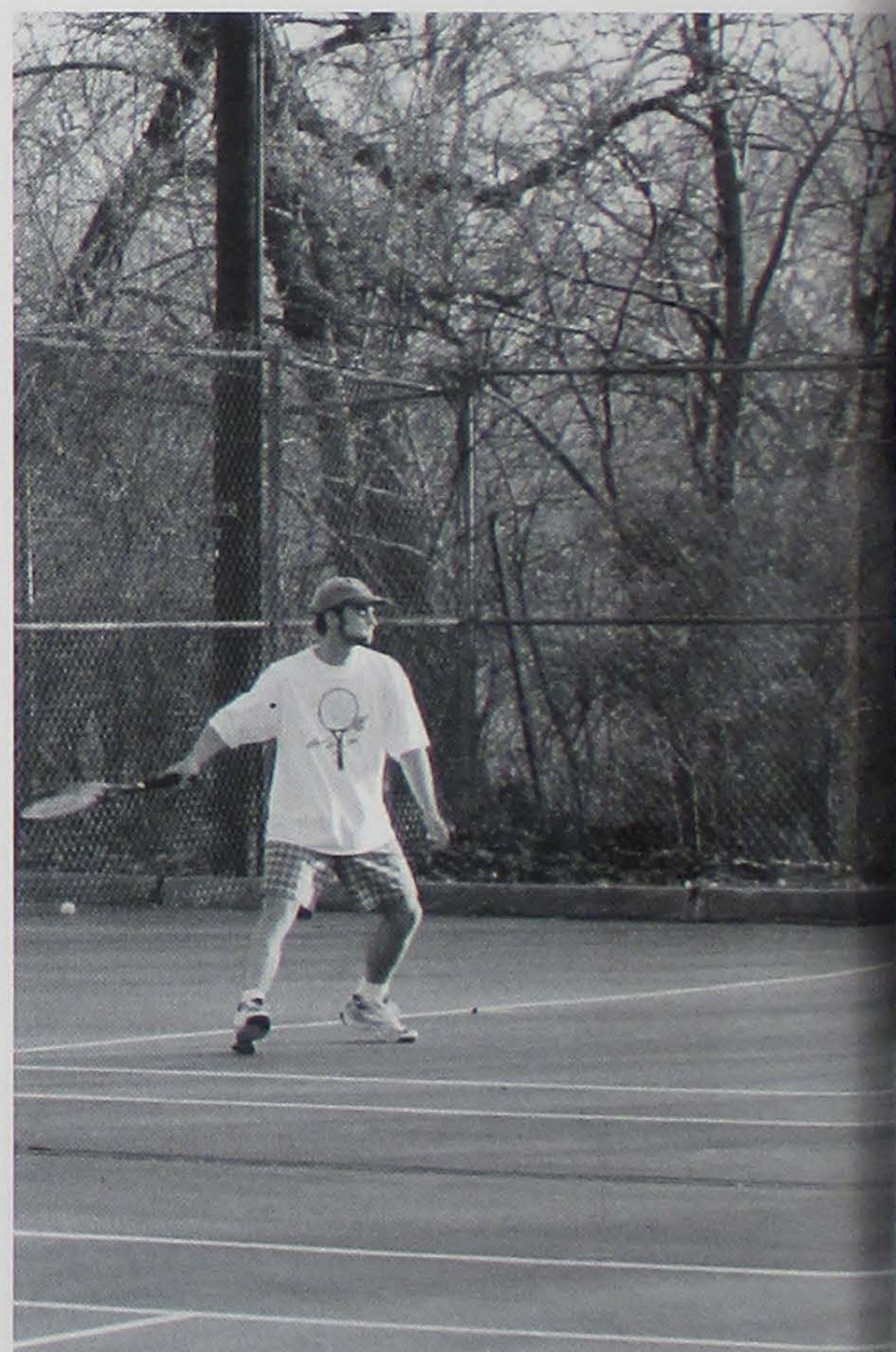
6: the number of times the team ate at Burger King



Junior Michael Chang returns the ball to his opponent during a game against Urbandale.



Senior Adam Shriver leans into the ball while hitting it at a meet against Newton.



Senior Adam Baumeister





# Netting Greatness

Starting off the season with a new coach and a new set of teammates, the Boys Tennis team set their goals and expectations high. In the going got tough the team played harder.

"I am really impressed with this year's tennis team," Coach Merrill Tam said. "I really didn't know what to expect when I took this job."

Being unaware of the team's abilities and possibilities, the team set their goals high. With the new freshmen playing, anything was possible. And sometimes the team was disappointed with their performance.

"We didn't meet our expectations, but we had a good time and a pretty successful season," senior

Mark Bailey said.

Everything that went wrong turned out better at the end. The climax to the tennis season was being able to play at the district meet in Fort Dodge.

"I thought that we played pretty consistent all year long," senior Glen Pak said. "We also had a lot of fun at districts and played well too."

Every season has its ups and downs, this year's was no different. The team members will always remember the good times they had and the new people they met. This was an experience that they won't forget. As with any sport, the players look forward to improving themselves for the next season.

Dedication was the biggest aspect of this year's boys tennis team

## Statistics

Overall: Wins 6 Losses 3  
Conference: Wins 3 Losses 3  
Bobcat Doubles 10-2/ 1st place



Boys Tennis. Front Row: Paul Myers, Houdy Khosravi, Erik Guffy, Richard Keeling, Brigham Van der Roon, Roni Mukerjee, Nathan Long, Ankur Amin, Kyle Poorman. Second Row: Glen Pak, Dan Slutzki, Mike Chang, Michael Chang, Adam Shriver, Joe Skluzacek, Mark Bailey, Jon Titus, Jeff Koch, Mike Long, Jon Schroeder.



CAUGHT IN THE ACT. (From Top to Bottom); senior Adam Shriver and freshman Erik Guffy; senior Jeff Koch; teammates bonding while watching others play; the tennis team at their best.



Soph. Dawn Tesdall



# Takin' a swing

Team spirit helped the girls in their success

With the quietness of the course, the tension of the players and the swooshing of the golf irons one thing is certain: a golf game is being played, and only the fastest and most proficient player will win.

This year's team, which consisted of twelve players, was a young team, but they made up for it in talent. This year's team improved over last year's team by making it to the regionals. Last year's team, which also made it to regionals, did not win

as many meets overall.

"The difference between this year's team and last year's team was that last year we had two of the top golfers" junior Erin Naeve said. "We lost both of them last year. Nobody expected us to do very well this year, but we had the pleasure of proving everyone wrong."

Although the golf team didn't have the fan support that other sports did, they still tried their hardest and achieved their goals.



**CAUGHT IN THE ACT:** (From top to bottom): junior Kayla John; sophomore Holly Hampson; junior Erin Life; junior Kayla John.



**GIRLS Golf:** From left to right: Brooke Winton, Natlie Deiter, Erin Naeve, Sommer Mohs, Michelle Klatt, Amy Swank, M. Ridnour, Erin Life, Kayla John, Stephanie Knop, Holly Hanson.

Senior Emily Myers







Hard work and team spirit was a major part of this year's girls golf team. Junior Erin Naeve tries to put this advice to work as she prepares to swing the ball.

Technique is a big part of succeeding at the game of golf. Freshman Missy Ridnour works at her technique as she follows through with her swing. Keeping track of the ball was another fairly difficult part of the game.



Keeping the competition at arms length is one of the things that is important with any sport. Junior Erin Life tries to keep that in mind as she quickly guides her ball to the hole. Her competitor watches closely.



Junior Annie Butin



**BREAKING AWAY.** Senior Gabe Padilla pulls ahead of two Mason City defenders. Padilla led the team in scoring.

### INSIDE THE NUMBERS

**5:** All-Conference selections: seniors **Gabe Padilla** (1st team), **Chris Bartine**, **Matt Beaulieu**, **Abdul Nuhu** and **Ben Schmitt** (2nd team)

**1:** Conference Coach of the Year, Head Coach **Steve Olson**

**6:** goals scored by **Gabe Padilla** in one game, a school record.

**2:** number of times Padilla scored six goals in one game



Freshman Justin Knapp

**FRESHMEN BOYS SOCCER** Front row: Dean Reasoner, Luke Lasche, Zach Herrnstadt, Garrett Burrier, B.J. Carey, Kevin Wilson, Jamie Kearney, Steven Honeick, Andrew Ringlee  
Second row: Ki Whoon Lee, Adam Roark, Coby Vaknin, Justin Horn, John O'Connell, Seth Redmond, Brad Larson, Daniel Fernandez-Baca, Nathan Vos, Ryan Beeman  
Back row: Trainer Leanna Rice, Adam Diesburg, Mike Shrum, Kevin Marasinghe, Beau Biskner, Michael Ewalt, Nick Mabe, Jacob Weber, Pete Kruger, Ross Randolph, Coach Rick Magill



**JV BOYS SOCCER** Front row: T.J. Downs, Joe Ward, Brent Fogarty, Dan Zimmerman, Umar Mujeeb, Dan Braun, Bobby Meyers, Kevin Huls, Brian Wehner, Ben Heinen  
Back row: Jeremiah Schultz, Jack Wilson, Aaron Ritz, Jason Rearick, Bryan Hansen, Justin Nemitz, Jamie Theilen, Tim Sexton, Travis Cardwell, Benton VeVerka, Anthony Hartman, Coach Chuck Robinson



# Kicked Around

The success of the boys soccer team has gained the sport a wide following among Ames High students. Although the team was one of the best in state, they still sought support of the school. In a season of troubles, the 1996 boys soccer team won games and the support of the school and the community.

This year's team was probably the best team Ames High will have in a while," junior **Nate Jones** said. Poor field conditions in the state reinforced the team to play on the less-than-ideal practice field. The conditions did not stop the team from winning.

It was always business when we were on the soccer field. The team had many talented players and we'd

played together as a team for a long time," senior **Gabe Padilla** said.

The mishandling of an ineligible player led to the forfeiture of a district game, ending the team's run at a second consecutive State Tournament berth. The fate of the soccer team brought the school and the community together to rally behind the team.

"I was happy with the way people responded in a positive way and looked at the future of Ames High soccer," sophomore **Joe Mowers** said.

Though the season was marked by misfortune, the 1996 boys soccer team performed as the top team they were, winning more than just games.

Boys soccer team overcame poor conditions and lack of respect to have a successful season

## Statistics

### VARSITY

Overall Record: 10-1-2  
Conference: 4-1-2

### JUNIOR VARSITY

Overall Record: 4-5-2  
Conference: 2-5

### FRESHMEN

Record: 0-4-1



**CAUGHT IN THE ACT** (from top to bottom): Goalkeeper Chris Bartine; freshman B.J. Carey chases after a loose ball; senior Jesse Deardorff fights for control with a Valley player; senior Justin Nemitz



**VARSITY BOYS SOCCER.** Front row: Trainer Leanna Rice, James VeVerka, Abdul Nuhu, Joe Jones, Kyle O'Riley, Nate Jones, Andy Craig, Ben Schmitt, manager Heather Risse. Back row: Breah Schultz, Jeremiah Redmond, Rodrigo Martinez, Gabe Padilla, Ethan Dunham, Matt Peterson, Chris Bartine, Jason Foster, Matt Beaulieu, Jesse Deardorff, Matt White, Coach Steve Olson

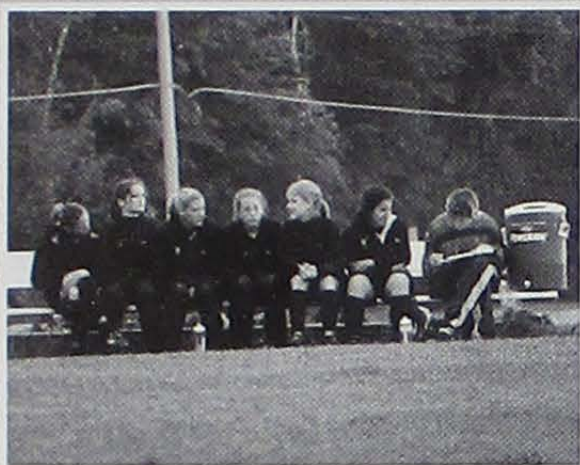


Junior Michael Morain



# A Bold Beginning

Teamwork  
and  
experience  
led to a  
successful  
first  
season  
for the  
girls  
soccer  
team



**CAUGHT IN THE ACT.** (From top to bottom): freshman Emily Peterson; sophomore Andrea Gunning; team members taking a break; freshmen Erin Maysent and Lindsay Heiligenthal, and sophomore Elisabeth Hoyt

## Statistics as of June 8 1996

**VARSITY:**  
Wins 4 Losses 0

**JUNIOR VARSITY:**  
Wins 4 Losses 0

This year marked a beginning for girls soccer. It was the first year that girls soccer was included as a school sport. Despite this being the first year, the soccer team was successful.

"We always strive for victory," sophomore **Brenda Jones** said.

This paid off for the team. The team displayed the determination to make each game a victory.

"Soccer is a very involved sport," freshman **Carianne Bouillon** said. "You need strength and determination to be successful."

The Junior Varsity team was inexperienced, but as the season continued the players im-

proved. They possessed the concept of working together as a team.

Many of the girls that played on the varsity team had experience playing together in club soccer. Since this was not their first year together, a team bond had already begun to develop and it continued throughout the season.

"We are separate girls in reality, but on the field we are a team," Jones said.

Jones' teammate, junior **Carrie Shupp**, agreed. "We've really come together as a team and are playing well together. It's been fun getting to play with a variety of girls who are all really good at soccer."



**VARSITY GIRLS SOCCER.** Front Row: Carrie Shupp, Andrea Gunning, Erin Maysent, Elisabeth Hoyt, Katie Loney, Rebecca Glatz, Carianne Bouillon, Leah Haas, Cata Flores, Brenda Jones. Back Row: Coach Kenny Graham, Chris Ollila, Ashley Brock, Tiffany Belz, Beth Orning, Julie Ollila, Emily Peterson, Lisa Smart, Lindsay Heiligenthal, Anila Persaud, Willa Wentzel-Fisher



Soph. Brett Bumgarner





**RUNNING HARD**, senior Cata Flores chases after a loose ball. Playing strong and working together were the keys to the soccer team's success.

### INSIDE THE NUMBERS

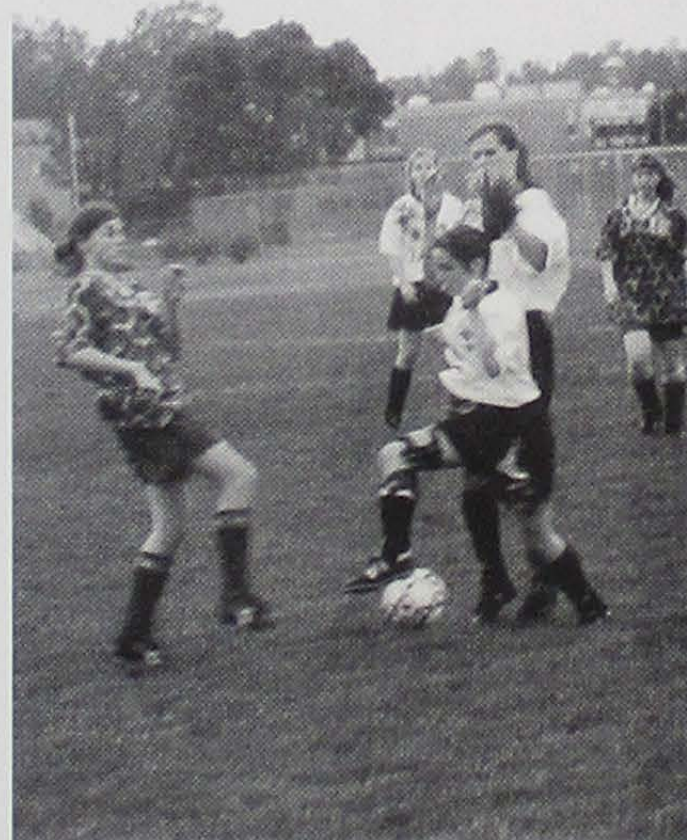
**7:** number of freshmen on the varsity team

**2:** number of players who have never played soccer before

**12:** number of girls who run track as well as play soccer



**JUNIOR VARSITY GIRLS SOCCER.** Front Row: Alienor Gilchrist, Lauren Kinney, Hannah Abbott, Jill Lippard, Jennifer Peyser, Stacia Rodgers, Katie Doyle, Kara Zeimet, Tracy Catron. Back Row: Chris Ollila, Coach Kenny Graham, Emilie Wall, Christine Poist, Lori Bates, Amanda Sally, Samantha Mills, Jennifer Norris, Willa Wentzel-Fisher.



**ALWAYS A TEAM FIRST**, junior Julie Ollila and sophomores Elisabeth Hoyt, Brenda Jones, and Ashley Brock walk onto the field to begin the game.



Junior Ben Heller





**SPECIAL OLYMPICS SWIM TEAM:** Front: Kerri Bald, Coach Dawn Andres, Coach Hilary Ziebold, Sara Cummings, Gary Eaches, Koki Nakagawa. Back: Suzie Lustgraaf, Bridgette Scott, Dan Searcy, Mary Ann Lynch, Charity Gillenwater, Todd Palo, Trevor Hopper, Marnie Bigelow, Michael Lynch, Elisa Dix, Nels Chapan, Derek Bjelland, Wes Payeur.



**SPECIAL OLYMPICS TRACK TEAM:** Front: Mindy Bassett, Tina Jung, Jenni Wulf, Charity Gillenwater. Back: Matt Smothers, Mary Wauson, Elizabeth Westage, Corey Tesdahl, Nick Wilson, Angie Smith.





Senior Mike Popelka

Juniors Amy Corley  
& D.J. Burgduff



Sophomore  
Robbie  
Smalling



AHS Speech Club

Food Service





Goofing around at the State competition Mock Trial Team A poses for a quick picture.





Courtesy of Kirsten Sullivan

With over 30 organizations active in and around Ames High, very few concerns and interests of the students went unnoticed.¶ Some Ames High organizations worked to clean up the environment and received national recognition for their efforts.¶ Others brought in speakers from around the world to speak to students about political persecution in other nations, and still others spent the majority of their energy focusing on the problems and conflicts within the school.¶ The organizations, however, are not the real story. Behind every organization is a group of students dedicating time and sanity to the organization's cause, and herein lies the real story.¶ Ames High organizations have never been about a name. Ames High organizations are about the students. The students that arrive early to plan the meetings and the students that stay late to clean up after the meetings. The students that organize the fundraisers and bake sales, and the students that baked things for those bake sales. Students can exist without organizations, but organizations can't exist without students.



# 100th Green Butterfly



**100TH GREEN BUTTERFLY:** Front Row: Jane Chang, Mellisa Pouge, Eileen Heidemen, Ben Heinen, Dan Br Nishant Parulekar, Joe Stansbery. Second Row: Netta Golchin , Wendy Magadza, Beth Wetzal, Rachel Chacko, K Craig, Naomi Lohr, Priya Kothari, Emily Dahlgreen, Stacia Rodgers, Jenni Peterson, Parisa Taravati, Emily Mize, C Willard. Third Row: Angie Carter, Dan Ehresman, Dave Roth, Jason Weigal, Annie Gatewood, Cheri Kruger, Me Leek, and Steffi Drewes.

# Human Relations



**HUMAN RELATIONS COMMITTEE:** Front Row: Sarah Kitchell, Erin Rollenhagen, Amalia Smith, Sonia Panigra Balana, Eugena Song, Emily Watts. Second Row: Daniel Fernandez-Baca, Rodney Brownlow, Julie Hinrichen, Deva Roy, Meisha Colbert, Lisa VandDuasen, Cherise Rollins, Joy Misra, Dr. Suzanne Mendelson. Third Row: Josh Le Abbie Shapiro, Uri Kogan, Roger Jacobson, Reggie Greenlaw.



Senior Jeff Fisher



## 100th Green Butterfly

**Accomplishments:**  
Received national recognition for saving the AHS Prairie. Battle of the Bands raised money to help the trumpeter swans. They are earning money to place environment books in Ames schools.

**Adviser:** Bob Uetz

100th Green Butterfly had a very dedicated group this year, but we need more underclassmen to help out!" - junior Angie Carter

## Human Relations Committee

**Accomplishments:**  
During Unity Week money was raised for charitable causes. The H.R.C. sponsored the Multi Cultural Club. Every year they see that the Christmas tree is not put up in the lobby.

**Adviser:** Dr. Suzanne Mendelson

"The Human Relations Committee is great because it teaches you to see things in another perspective."  
- sophomore Erin Rollenhagen

## Amnesty International

**Accomplishments:**  
As part of a massive international force to combat human rights violations, the AHS chapter got together bimonthly to take part in writing letters to help free prisoners of conscience.

**Adviser:** Kirk Daddow

"Writing letters felt really good because when enough people do it, it actually helps to get political prisoners free."  
- sophomore Annie Gatewood



## Amnesty International

**AMNESTY INTERNATIONAL:** Front Row: Naila Meyers, Beth Wetzell, Naomi Lohr, Netta Golchin. Second Row: M. Mujeeb, J.C. Elbert, Angie Carter, Eileen Heideman, Jane Chang.



Senior Elaine Surfass



"The doughnuts were awesome. They even had long johns with creamy centers"—  
**Sophomore James Proescholdt**

## DECA

**Accomplishments:** Distributive Educational Clubs of America. Members were required to work 10-15 hours a week, while learning; marketing, management and sales skills.

**Adviser:** Darril Abel

"We had a lot of fun and met people we wouldn't normally have had the chance to interact with."—  
**Senior Emily Dobbs**

## Key Club

**Reasons to Brag:** Members did volunteer work around the community, including a fundraiser to send a handicapped child to summer camp, through a school wide hairy legs contest.

**Adviser:** Leigh Nataro

"The doughnuts were awesome. They even had long johns with creamy centers and coconut. Oh, and we did good things for people."—**Sophomore James Proescholdt**

## VICA

**Accomplishments:** Vocational Industrial Clubs of America. Members were required to work 15 hours a week at an industrial occupation. Through trips and work experience, members learned to manage money, and develop leadership skills for their future careers and personal benefit.

**Adviser:** Don Faas

# DECA



Deca. Front Row: Brian Myers, Michelle Klatt, Jonathan Reed, Shawn Crowley, Tammy wood, Second Row: Robert Nelton, Joel Lingelbach, Maggie Staudt, Sarah Skahill, Deanna Kepley, Janice Carney. Third Row: Nathan Schrad, Sevon Cole, Jennifer Hallihan, Laurie Anderson, Daniel Fincham, Ben Fowles, Dustin Morris, Matt Biliou, Mr. Darril Abel. Fourth row: Jimmy Bates, Emily Dobbs, Chris Johnson, Ryan Tesdall, Jesse Deardorf, Jeremiah Redmond.

Senior Moses Lueth







# Key Club

Key Club. Front Row left: Leigh Nataro, Amy Johnson, Julie Dunwell, Steffanie Donnell, John Hinrichson, Carrie Thompson, Robbie Smalling, Andrew Brown. Second Row left: Liz McGonigle, Deann Wright, James Prescholdt, Kelly Magadza, Nate Jones, David Jeong



# VICA

VICA Front Row: Mr. Don Faas, Justin Nemitz, Kurt Estes, Rob Patterson, Jon Vandewater, James Veverka, Brad Davis, Don Phompheng, Mike Shaw. Back Row: Blaine Hofmockel, Jeremy Thompson, Tanner Hensley, Brian Dane, Cale McCoy, Moses Lueth, Joe Donaldson, Graig Wipf, Nathan Vander Schaaf, Jason Sorenson, Jason Kugler.



Freshman Spenser "M."



# Spirit



**SPIRIT.** Front Row: Sam Grotewold, Kristi McConnell, Vanessa Kuo, Jenny Whalen, Robyn Epstein. Second Row: Lori Bates, Jessica Pohlman, Jennifer Varnado, Ellie Palmas, Erin Wentworth, Annie Gatewood, Umar Mujeeb. Third Row: Sofia Mosesova, Kristen McGeeney, Julie Tosten, Elizabeth, Malone, Caity Birmingham. Not pictured: Steven Chang, Naila Meyers, Audra Slocum.

# Web



**Web.** Front Row: Phoebe Silag, Leah Mills, Abbe Shapiro, Travis Nichols, Carissa Ripley. Second Row: Cassie Cly, Jenny Whalen, Robyn Epstein, Nicole Achter, April Goodwin, Gretchen Guffy, Katie Geha, Darin Johnson. Back Row: Ben Stahly, Ryan Kelly, Erin Wentworth, Audra Slocum, Jason Rearick, Tony Lombardo, Blair Schilling. Not Pictured: Steven Chang, Naila Meyers, Andrew Yee.

Senior Mo Leuth





## Web

**Accomplishments:**  
Produced a 12 page newspaper 10 times throughout the school year. *The Web* was available free of charge to all students. Twenty students were on staff.

**Adviser:** Darin Johnson

Being on *The Web* is awesome because it's the one class where the students are responsible for basically everything that goes on."— **junior**  
**April Goodwin**

## Spirit

**Accomplishments:**  
Produced a 250 page book that sold for \$35. Production began at a week-long camp in July and ended with the printing of SPIRIT vol. 84 in June. 22 students worked on SPIRIT during various points throughout the year.

**Adviser:** Darin Johnson

"In SPIRIT I learned that deadlines are very important and teamwork is essential. Without dedication and desire, nothing can be accomplished."— **sophomore**  
**Umar Mujeeb**

## Scratch Pad

**Accomplishments:**  
Produced a 103 page book that sold for \$6. Production started in November and the book was published in May. Seventeen students were on the board.

**Adviser:** Kirk Daddow

"In the rush to complete SPAD, I'm sure everybody questioned why they wanted to be on staff at least once, but fortunately we had some really great submissions and the book is really cool."— **senior**  
**Gretchen Guffy**

"Web was a really good experience because I got to know a lot of really neat people and then I got to yell at those people on deadline night."— **sophomore**  
**Katie Geha**



**Scratch Pad.** Front Row: Sarah Shimek, Ellen Kitchell, Ken Okishi, Melissa Poague, Phoebe Silag, Eleanor Jensen, Bailey Heideman Back Row: Matt Healy, Catherine Acker, Debra Peterson, Emily Meyers, Rachel Pleasants, Elizabeth Plante, Sarah Hagge, Melanie Westerberg. Not pictured: Gretchen Guffy.

# Scratch Pad



The Unabomber



"As an ambassador, I got to help new students get into the flow of Ames High."—  
sophomore  
Ethan Dunham

## Rules Committee

**Accomplishments:** Revised the Student and Parent Handbooks. Many hours were spent debating adjustments to the rules and policies of AHS. Made up of two students, two parents, and members of the Building Improvement Committee.

**Adviser:** Dr. Suzanne Mendelson

"It is interesting to see the difference in perspectives between students and parents."  
—Dr. Suzanne Mendelson

## Student Council

**Accomplishments:** Organized one school party each month and sponsored two week-long fund-raisers (Winter Madness and Welfare Week), which both raised over \$2000. Also organized and participated in community service.

**Adviser:** Jennifer Knight

"Student council was a fun activity. I liked it because it was a great way to voice my opinions about the school."—Sophomore Devashis Roy

## Ambassadors

**Accomplishments:** When new students arrived at AHS, ambassadors were there to show them to their classes and make them feel at home. Composed of several students from each homeroom.

**Adviser:** Elizabeth Middleton

"During my two-year reign as an Ambassador, I got to show new students how to strut their stuff, fit in, and eat pizza."  
—Sophomore Jim Norris

# Rules Committee



**RULES COMMITTEE.** Front Row: Mary Russell, Hillary Ziebold, Nancy Svien, Jennifer Peyser. Second Row: Junck, Mary Mekemson, Dr. Suzanne Mendelson, Kari Ellett. **Not Pictured:** Vicki Crawford.



Senior Cassie Clyde



# Student Council



Jessica Pohlman

**STUDENT COUNCIL.** **Front Row:** Julie Van Slyke, Sarah Bappe, Justin Knapp, Chris Hoffman, Jill Muller. **Second Row:** Sarah Kitchell, Natalie Cornwell, Mary Russell, Devashis Roy. **Third Row:** Dana Doran, Shannon Goldman, Katie Milleman, Carrie Shupp. **Fourth Row:** Nick Meyers, Lisa Glantz, Katie Finn. **Fifth Row:** Amalia Smith, Phoebe Silag, Noelle Padgit. **Sixth Row:** Jennifer Peyser. **Outside Row** (clockwise from bottom left): Kirk Nessett, Melanie Mickelson, Joe Mowers, John Hinrichson, Brian Taylor, Robbie Smalling, Michael Morain, Alienor Gilchrist, Darcy Horton.



Sam Grotewald

# Ambassadors



Sophomore Jim Norris

**AMASSADORS.** **Front Row:** Michael Morain, Melanie Mickelson, Robbie Smalling, Joe Mowers, Devashis Roy. **Second Row:** Carrie Shupp, Alyssa Speck, Jennifer Peyser, Noelle Padgitt, Phoebe Silag, Amalia Smith, Manisha Gaa, Ankita Sing. **Third Row.** Nick Sampson, Shannon Smith, Breeze Smith, Brooke Winton, Lori Bates, Emily Kell, Lily Wilson, Lucrece Booth, Ruth Appleton, Katherine Achker, Sarah Bates, Brian Taylor, John Hinrichson. **Fourth Row:** Bill McDuffee, Ross Randolph, Jake Rupert, Amber Ling, Luke Healy, Becky Thomas. **Fifth Row:** Carrie Christenson, Vely Magadza, Sally Dobberke, Nicole Paulson, Hannah Dobbs. **Sixth Row:** Corrina Cruse, Lisa Glantz, Rachael Katall, Louise Rothschild, Christy Rippey, Kristen McGeeney, Lisa Hoyt, Amber Englen, Paula Gwyeneche. **Seventh Row:** John McGee, Alan Hertz, Joel Minon, Jesse Ciccoti, Lydia VanHorn, Ellen Haas, Erin Wentworth, Katherine Ander- on Jessica Ensley.



# Chess Club



CHESS CLUB: Dan Heely, Andrew Brown, Adam Roark, Roger Gotchall, Brian Nelton, Adam Diesburg.

# Debate



DEBATE: Emily Olson, Eric Roark, Marvin Scott, Patricia Lustgraaf, Elton Wong. Not pictured: Jacob Rhoads, Amanda Sally.

Junior Susie Lyon





## Chess Club

**Accomplishments:**  
They improved their Chess experience by playing every Wednesday morning.

**Adviser:** Roger Gotchall

"I thought it was a lot of fun coming in on Wednesday mornings and learning more about the game. Though I wish we would have had more people in our club."—  
**sophomore Andrew Brown**

## Debate

**Accomplishments:**  
Elton Wong and Eric Roark made it to the IHSA state tournament.

**Adviser:** Marvin Scott

"Our varsity team had a good state tournament and the novice team did some good. I was really pleased."—  
**adviser Marvin Scott**

## Science Bowl

**Accomplishments:**  
Two people were awarded fourth place medal in the state, Nick Schmerr and Dan Hummer.

**Adviser:** Mary Glenn, Peg Barber, Jean Krusi

"We worked really hard as a team. Now that our year is done we are more experienced as a team so next year I think we will do a lot better."—  
**sophomore Elizabeth Schmerr**

"Now that our year is done, we are more experienced as a team."—  
**sophomore Elizabeth Schmerr**



**SCIENCE BOWL:** Jason Clark, Chad Larson, Robert Tchminov, Patricia Lustgraaf, Tom Allen, Elizabeth Schmerr, Lady Mathison, Josh Lapan, Josh Prins. Not Pictured Nick Schmerr, Dan Hummer.

# Science Bowl



Senior Jason Web



"In Speech Club we would do improv, ensemble acting and basically goof around."  
**—Sophomore Katie Finn**

## Mock Trial

**Accomplishments:**  
 Practiced and then performed a "mock" trial. At regionals, the Ames teams placed first, second, and third.

**Adviser:** Mrs. Sullivan

"After 3 1/2 months of hard work, we went out and swept regionals. Besides all of the hard work, we had a lot of fun preparing for the case."

**—sophomore Kristin Melby**

## Speech Club

**Accomplishments:**  
 At Regionals in Ankeny, all the Ames people received a division I rating, but due to the weather they were unable to go on to the State competition.

**Adviser:** Gwen Atkinson

"We were all disappointed to find out that our trip to State was canceled, after all of our hard work, but we still had fun."

**—sophomore James Prescholdt**

## Thespians

**Accomplishments:**  
 Performed four plays, David and Lisa, The Spoon River Anthology, House of Blue Leaves, and One Acts. They held numerous fundraisers by selling Blow Pops and holding bake sales.

**Adviser:** Mr. Hanson

"Acting is a very exhilarating experience. One day you're a nun, another a maid. Now that I'm a thespian, I can change personalities all the time."

**—sophomore Sofia Mosesova**

# Mock Trial



**Mock Trial. Front Row:** Kathy Craig, Cata Flores, Rebecca Glatz, Michael Morain **Second Row:** Priya Kothari, Erin Mize, Eugena Song, Emily Dahlgren, Sarah Chaplin, Erin Rollenhagen, Andrew Brooke **Third Row:** Kristin Melby, Spencer, Sarah Hegland, Roni Mukerjea, Ross Wirth, Sarah Lockray, Meisha Colbert, Sara Antion **Fourth Row:** En



Soph. Shannon Smith



# Speech Club



**SPEECH CLUB.** Front Row: Noelle Padgitt, Naila Meyers, Melanie Mickelson, Coach Gwen Atkinson, Katie Finn  
 Second Row: Joe Mowers, Michael Moraine, Lori Hunger, Sarah Hegland, Matt Healy Third Row: Chris Allen, James  
 Pesholdt, Alison Hefley, Louise Rothschild, Katie Geha Not pictured: Sam Grotewold

# Thespians



**THESPIANS.** Front Row: Mark Depristo, Claire Dieter, April Wright, Darci Horton, Sara Siebert, Emily Woline Second  
 Row: Ryan Jeffrey, Louise Rothschild, Elizabeth Thompson, Carrie Christianson, Travis White, Greg Willard Third Row:  
 Chris Meyer, Lori Hunger, Symantha Miller, Brooke Harker, Ryan Haynes, Mike Popelka, Frank Hassel



Junior Dan Johnson

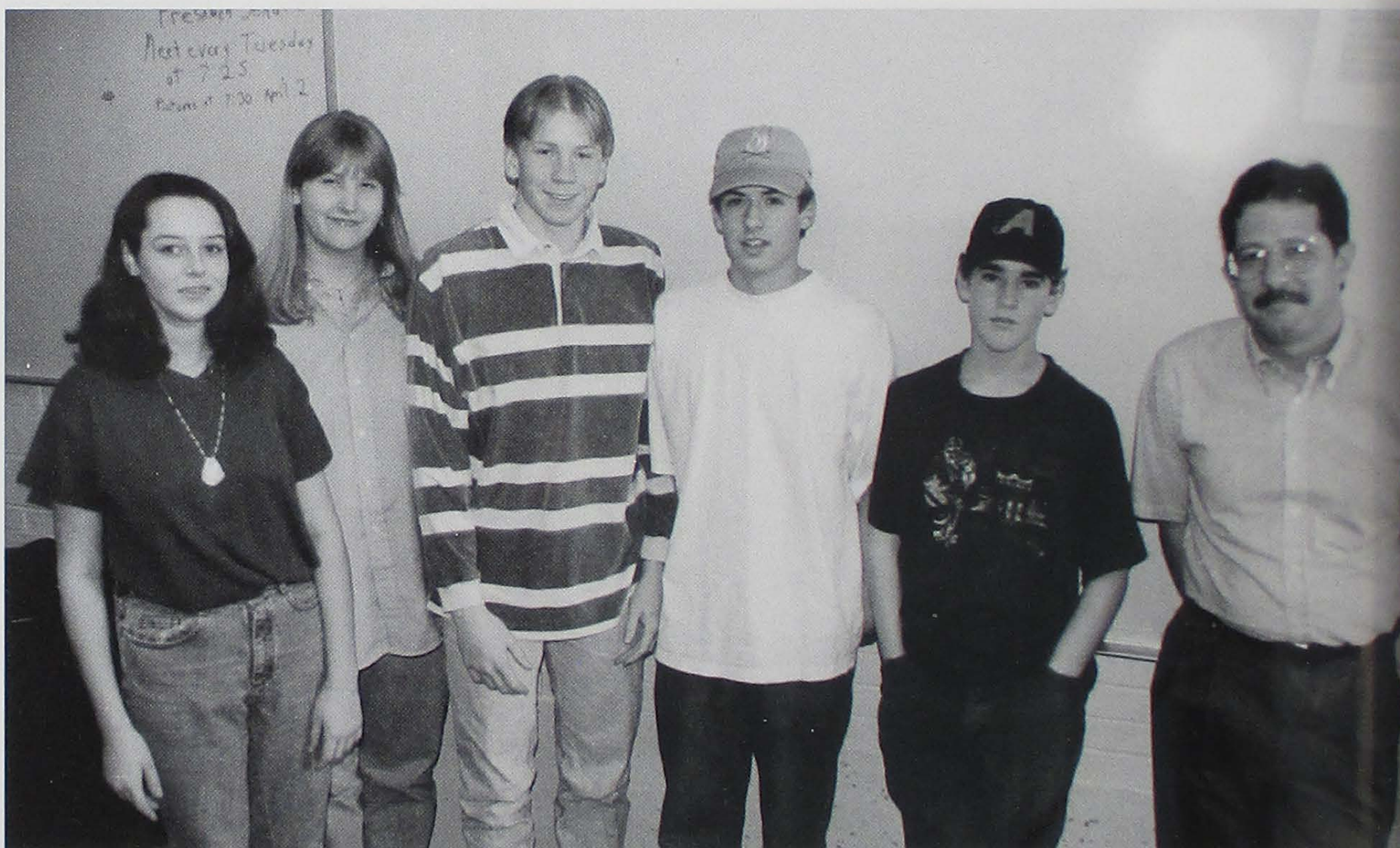


# Model UN



**Model United Nations:** Mr. Marvin Scott, Katherine Anderson, James Grant. Not pictured: Uri Kogan, Stacia Rodge, Jeff Rodgers, and Josh Prins.

# Freshmen Senate



**Freshmen Senate:** Claire Ritz, Megan Duple, Nathaniel Ginder, Jeff Hitchings, B.J. Carey, Mr. Jerry Vos

Senior Bill Pendry





## Model UN

**Accomplishments:**  
This year, the Ames High delegation represented Nigeria at the Model U.N. conference at UNI.

**Adviser:** Marvin Scott

Model UN is a non-competitive activity in theory, although things can get a little wild. Overall the group is pleased with the performance of the delegates. We hope to have a large experienced group next year."— **sophomore Josh Prins**

## Freshman Senate

**Accomplishments:**  
Sponsoring and planning several parties throughout the year

**Adviser:** Jerry Vos

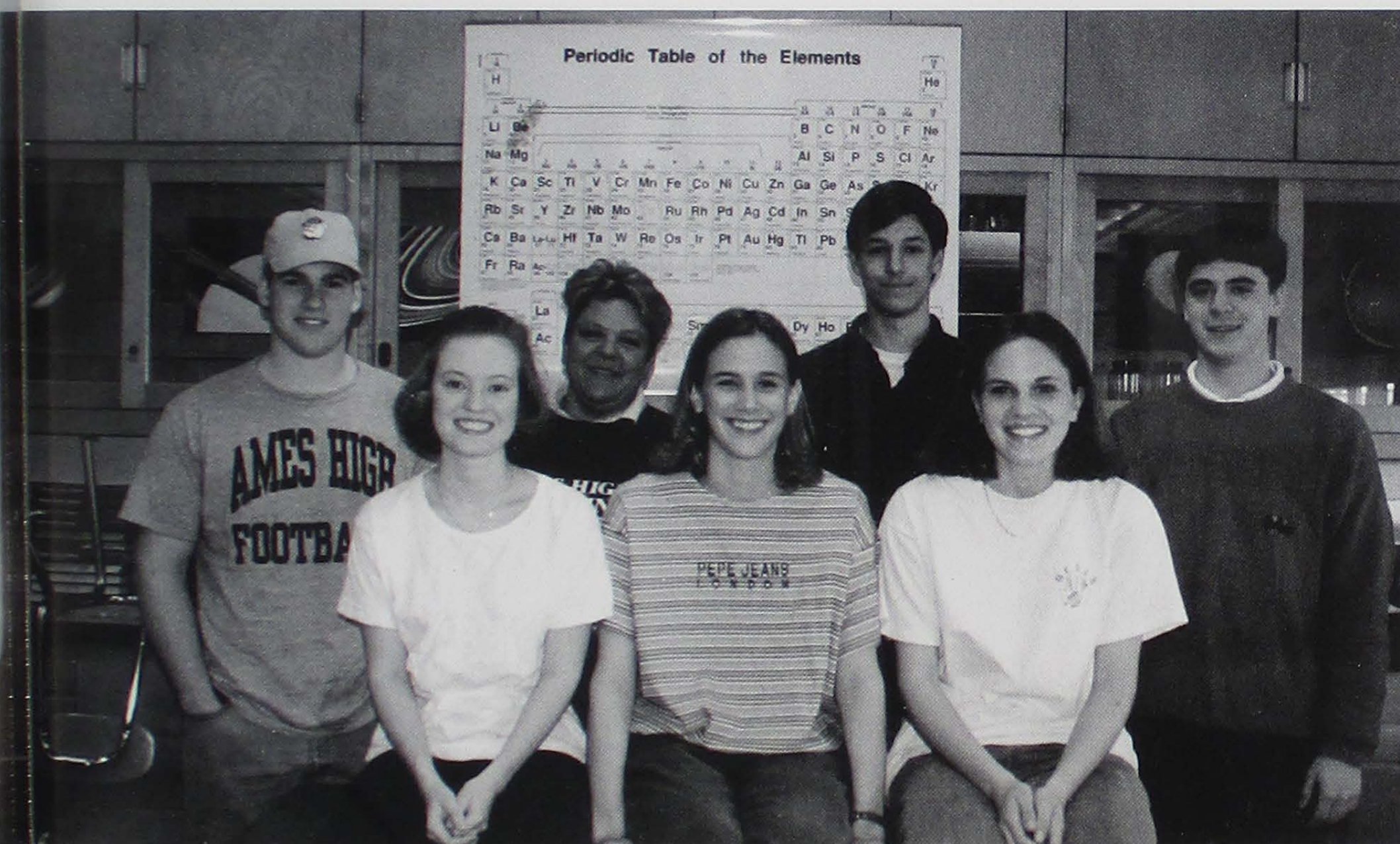
"It was like really fun and stuff. It was a really good leadership experience."— **freshman Meagan Duple**

## Scratch Pad

**Accomplishments:**  
Planned Prom and through thrifty creativity and hard work made the decorations and saved three thousand dollars.

**Adviser:** Nancy Svien

"It was neat to work on something on such a large scale as Prom and save money too."— **junior Angela Adams**



# Junior Senate



Junior Jennifer Peyser

**Junior Senate:** Front row: Angela Adams, Natalie Carver, Nicole Thompson. Back Row: Drew Hamilton, Nancy Svien, Anthony Hartman, Austin Woodin.



"We all agreed that if we saved even one life we have done our job."  
—senior  
**Sarah Chaplin**

## Senior Senate

### Accomplishments:

Organized the senior picnic and senior T-shirt sales. They also put together welfare week activities and chose the graduation speakers, announcements and other events involving graduation.

**Adviser:** Mr. Legg

"I had a lot of fun organizing graduation this year."— **senior Chris Johnson**

## Senior Girls Club

### Accomplishments:

Made all the decorations for Winter Formal. Organized the music, bought the food, and did the fundraisers and T-shirt sales.

**Adviser:** Mrs. Stokka

"It was a lot of fun making signs and being with everybody. All the work definitely paid off. Seeing how everything looked on the night of the formal was great."— **senior Laura Biechler**

## SADD

### Accomplishments:

The main purpose of SADD is exactly what the name stands for: Students Against Drunk Driving

**Adviser:** Mr. Versteeg

"One thing that was very rewarding was that all of our members were very dedicated to the cause and we all agreed that if we saved even one life we have done our job."— **senior Sarah Chaplin**

# Senior Senate



**SENIOR SENATE.** Front Row: Chris Johnson, Sam Grotewold, Chris Allen, Charity Roberts, Angie Gabrielson S  
ond Row: Andrea Hawkins, Katie Bryant, Sonia Panigrahy, Steven Chang, Lori Hunger, Shawn Netolicky, Jessica Ke

Soph. Andrea Gunning







# SADD

**SDD.** Front Row: Sarah Chaplin, J.C. Elbert, Kassie Ladely, Heather Manger, Eleanor Jensen Back Row: Jon Titus, J. Koch, Audra Slocum, Angie Carter



# Senior Girls Club

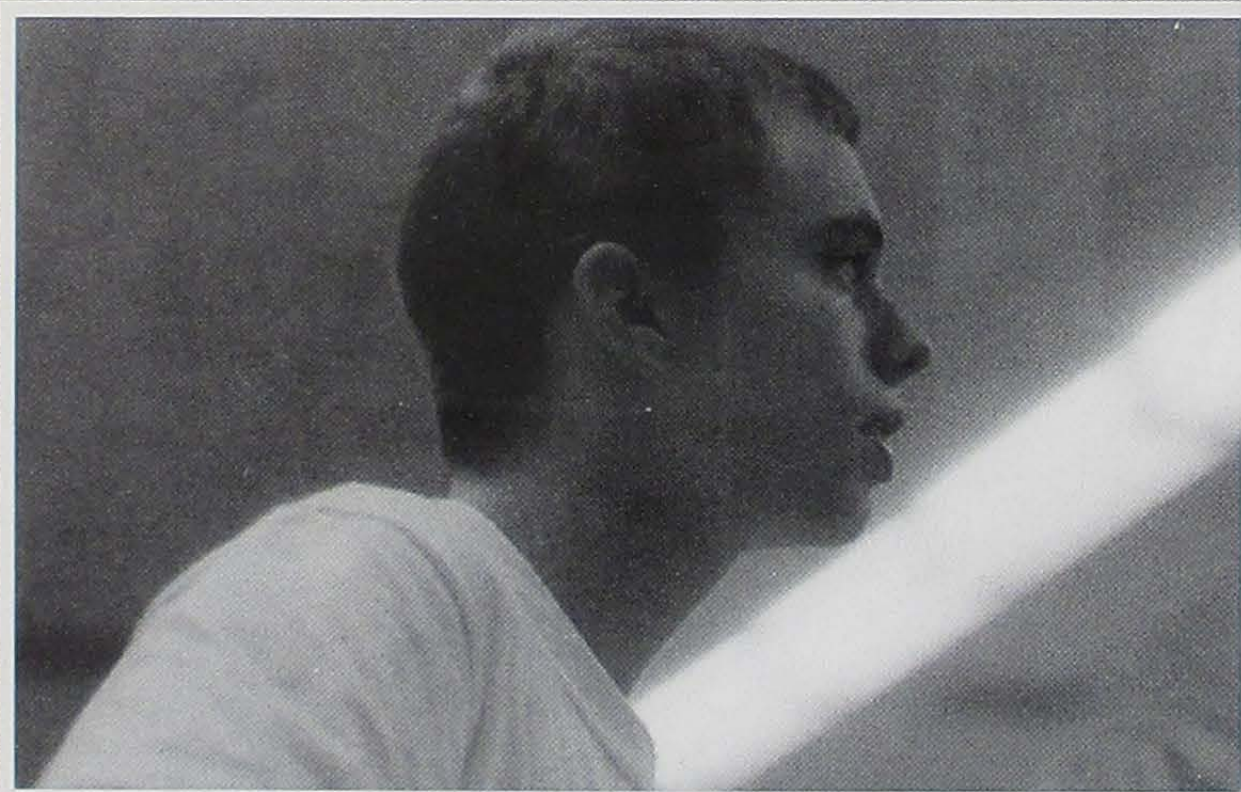
**SENIOR GIRLS CLUB.** Front Row: Andrea Hugdahl, Robyn Epstein, Nicole Achter, Amalia Smith, Angie Gabrielson, Jennifer Hallihan, Michelle Hunziker, Laura Biechler Second Row: Melissa Peterson, Jill Patterson, Carrie Christianson, Kea Meyer, Sarah Sienknecht, Abby Whitt, Advisor Mrs. Stokka



Freshman Jenny Norris



Freshman Patricia Lustgra



Sophomore Matt Bull

Sophomore Lindsay Lepon





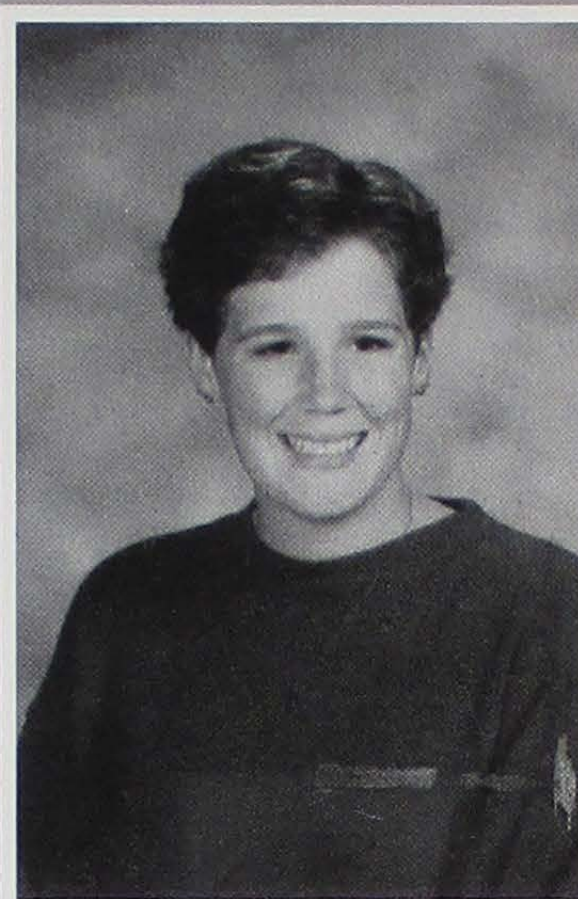
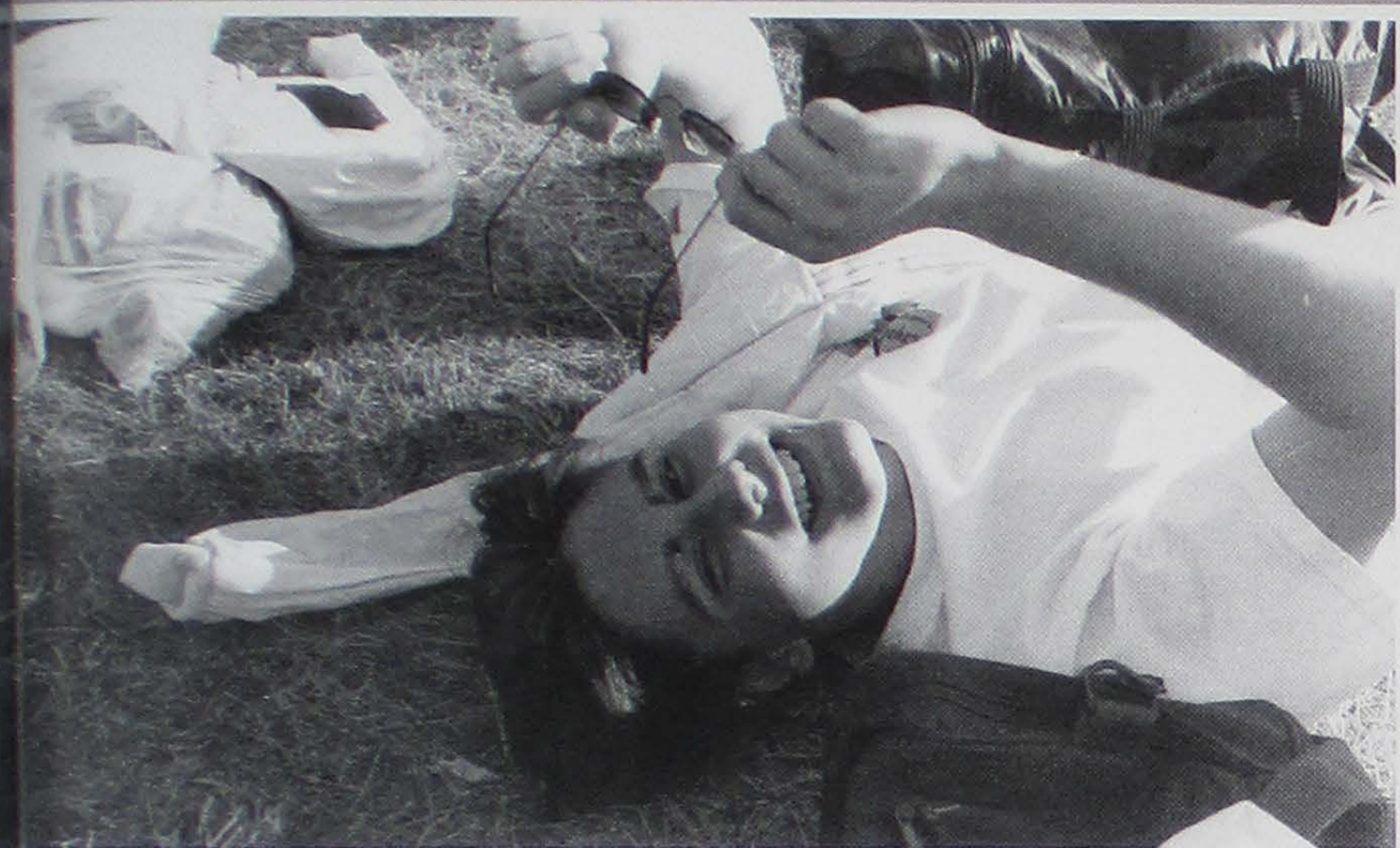


# Find the Pun

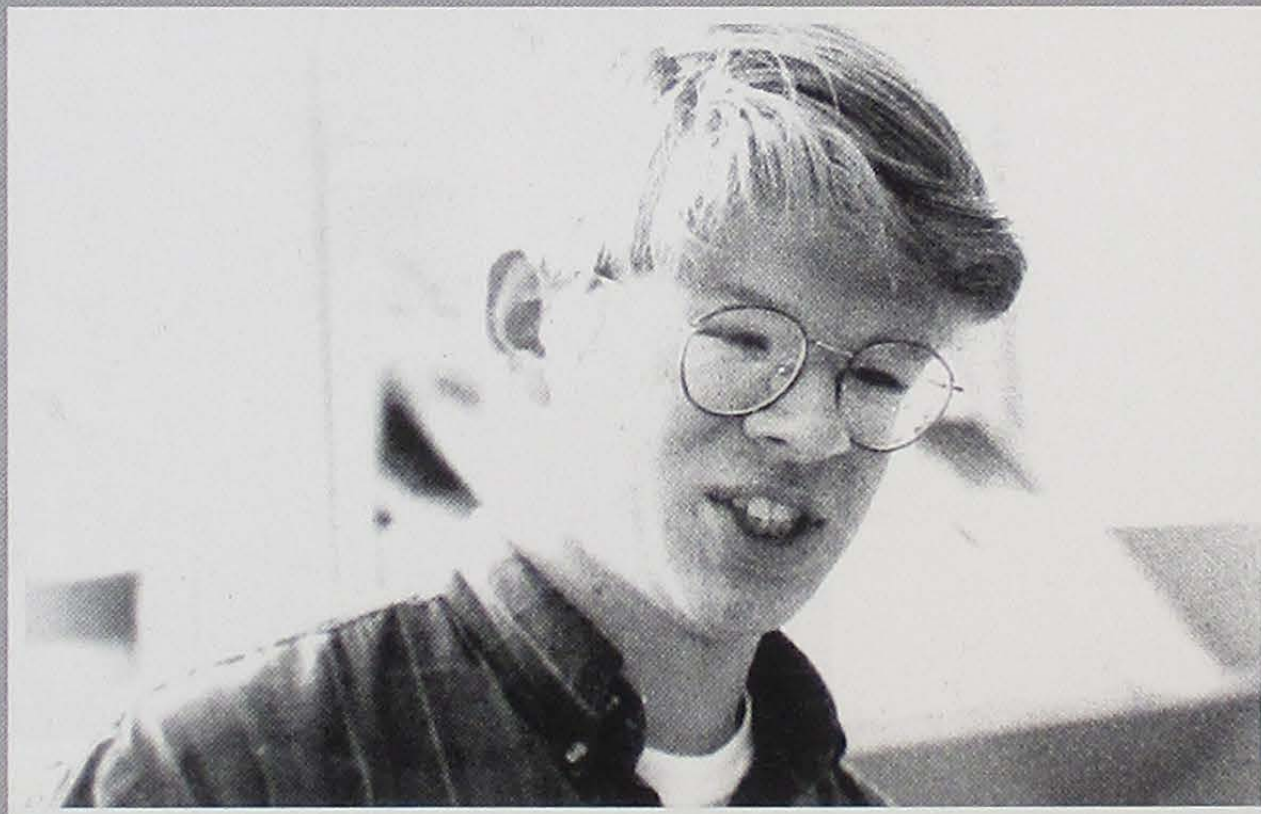
by Annie Gatewood (inspired by Naila and Caity)

Social Studies Teacher  
Jennifer Knight

Sophomore Joesph Ward



Sophomore  
Jamie Day



Sophomore Matt  
Nelson

Junior Claire Deiter





Practicing for an upcoming concert, members of the orchestra listen to instructor Mary Polashek.





Michael Chang

Violin lessons, play practice and vocal rehearsals kept students on their toes throughout the year.¶ The Orchestra spent four days in Kansas City, Missouri touring and playing for area schools.¶ The fall and winter plays, *David and Lisa* and *Spoon River Anthology* showed a more serious side to Ames High's Drama Department.¶ Terpsichore stretched our minds with a variety of innovative student choreographed dances.¶ During the Veishea parade the Marching Band performed. They have been a part of the celebration for nearly twenty years.¶ Concert Chorale was selected to perform with the Central Iowa Symphony in February.¶ The spring play, *The House of Blue Leaves*, featured an elaborate set put together by members of the crew. Everything was perfect, right down to the stocked refrigerator.





Sophomore Ashley Younie feeds a llama at the Kansas City Zoo. Along with the rest of her orchestra class, Ashley had a rare opportunity to visit Kansas City on a tour.





# No strings attached

by Sofia Mosesova

There is a single word orchestra students used to describe their fifth period Orchestra class — FUN. From wild trouble makers to shy hard workers, it united various groups of students in harmonious melodies such as ET by John Williams, Fugue in G Major by Bach, and Fireworks by Handel.

"It feels like a family sometimes because everyone sticks together," freshman Ankita Singh said, "We have a lot of fun, whether we're playing or not."

The head of this "family" is Mrs. Mary K. Polashek, who is an orchestra teacher at Ames High. In her opinion, 1995/96 orchestra class was unique and different.

"It was a very different year, because I was gone for most of it due to my sur-

gery." Mrs. Polashek said, "But the students remained very flexible, adaptive, and hard working."

The highlight of last year was a trip an orchestra class took to Kansas City, which was a perfect opportunity to combine hard work and fun.

"We competed with the Shawnee Mission Orchestra," senior Ujjaini Mitra said, "It was

a humbling experience."

For sophomore Jim Norris this trip was full of new experiences also.

"I enjoyed the courtyard of the hotel that we stayed in the most," he said.

Yet just as all things come to an end, so did the last year. And although there may not be the same familiar faces in the halls, the memories will never die.

**"It reels like a family sometimes."**

**Ankita Singh**



Joe Padilla, Joe Ward, Dan Murray, Jeremiah Schultz, Dan Slutzki, Dan Roark, Daniel Hummer, Ken Okkiishi, Andrew Yee, Jordan Cook, Cassie Rice, Ashley Younie, Melissa Kauzlarich, Annie Greenwood, Steven Chang, Adina Rollins, Joshua Stairs, Howaida Shahbiry, Elaine Wells-Gray, April Lubow, Priya Kothari, Emily Mrs. Allyson Prater, Michael Chang, Andrew Choi, Diane Hyun, Andrea Hugdahl, Elizabeth Malone, Leah Theesfield, Eugena Song, Demi Slutzki, Maya Hayslett, Millie Dowling, Ujjaini Mitra, Mel Fatland, Naila Meyers, Sarah Lochray, Hannah Dobbs, Kelly Peterson, Jessica Pohlman, Justin Ward.



Matt Peterson, Debra Peterson, Randy Mathison, Mark Gardner, Jason Minion, Paul Sibbel, David Jeong, Mark Anderson, J.C. Elbert, Michael Morain, Ryan Haynes, Kelly Dunlay, Noelle Padgitt, Jill Watson, Rose Bills, Emily Silet, Sabrina Shields, Emily Jahr, Kirsten Crase, Kathy Craig, Robin Schinnow, Rachel Chako, Elisabeth Kracher.



# Playing Around

by Sofia Mosesova

Despite a common desire to get their classes over with, many students acknowledged something about school that's hard to leave behind. For many, band was that something.

Naturally, this brought up an obvious question—why? For ninth graders, band was a way to meet new people.

"I like freshman band because you know everyone and everyone knows you," freshman Patti Lustgraaf said.

Others simply enjoyed music.

"I like the idea of the entire class period dedicated to music," junior Joe Stansbery said.

And then, there are those who enjoyed the challenge involved in playing an instrument.

"Symphonic band is much more

personal because there is a smaller group and the music is harder," senior Emily Silet said.

Some students found band as a way to break away from their standardized, monotonous curriculums and do something fun and exciting.

"Everybody liked the orange handkerchiefs and the jacket pockets," junior Michael Morain said. "They are pretty snazzy!"

Whatever the reasons for choosing band, one thing remained true for all students—they improved their playing abilities throughout the year.

"It smells a lot different in the band room because there's more people than when I was a freshman," sophomore Brandon Whalen said. "And everyone seems smaller, or maybe I grew...."

"I like the idea of the entire class period dedicated to music."

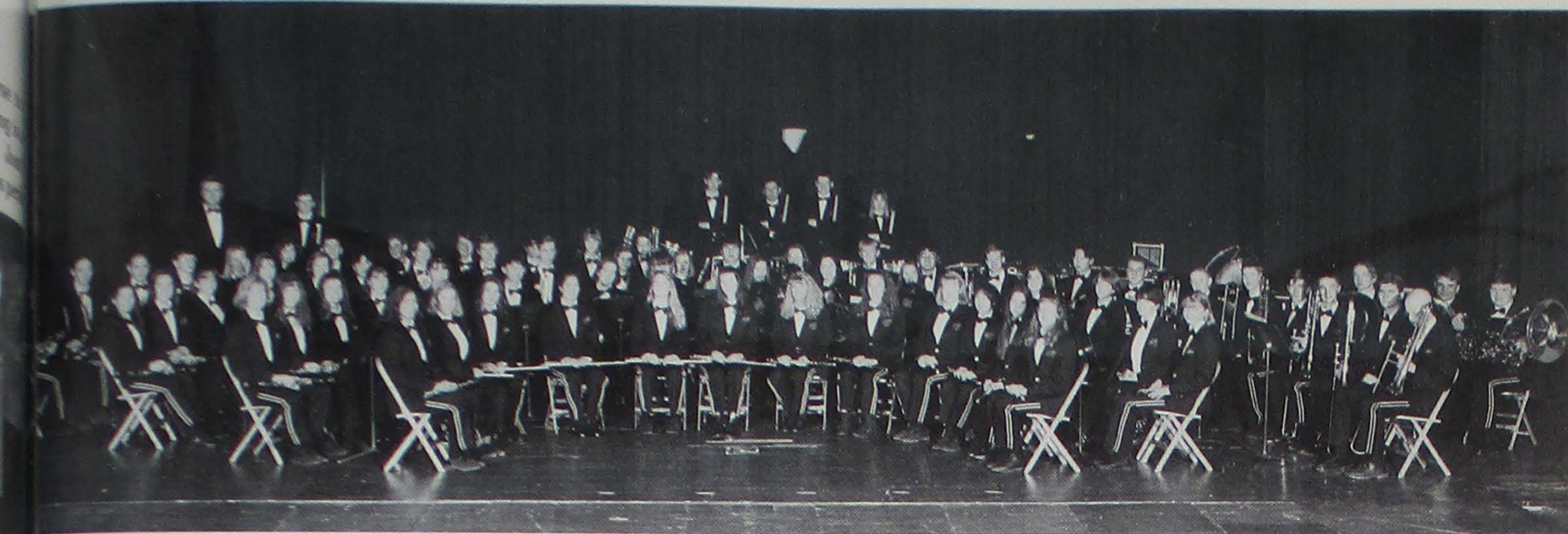
*Joe Stansbery*

Freshman band members rehearse to be ready for a performance. Practicing is a vital part of playing an instrument. Just as the old saying says, "practice makes perfect."

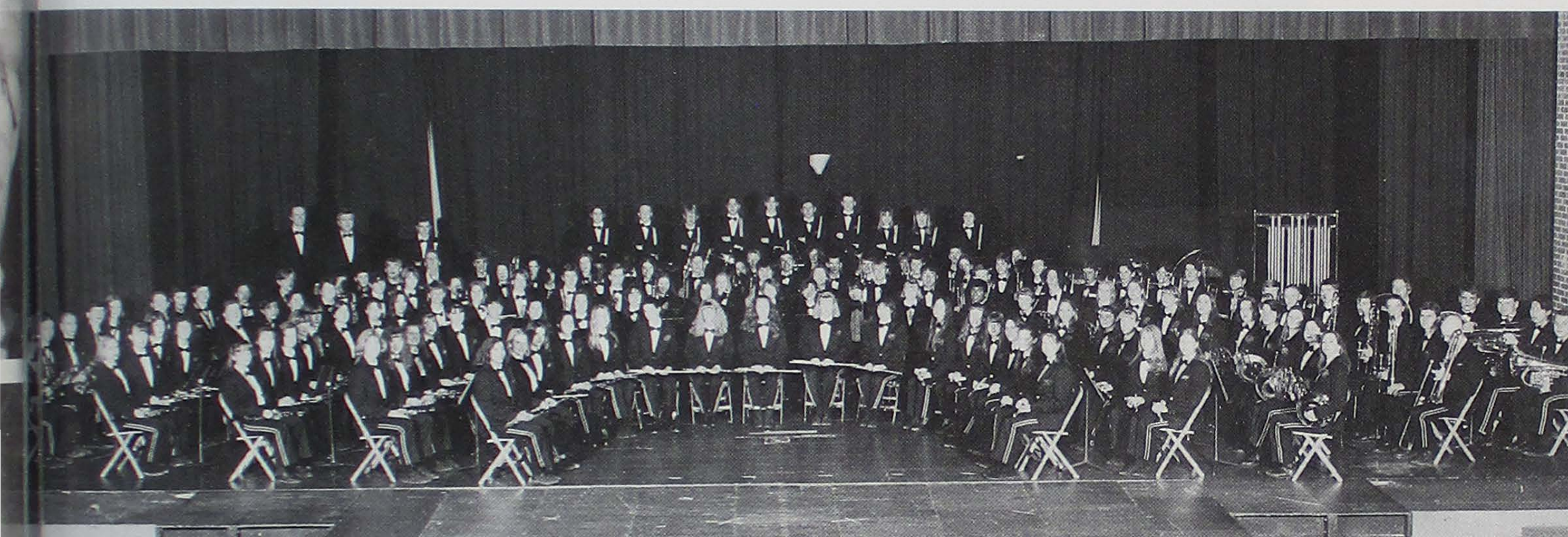


**FRESHMAN BAND MEMBERS:** Andrea Beisser, Andrea Brown, Adam Diesburg, Laura Goodwin, Beth Maroney, Jennifer Newton, Emily O'Neil, Erika Prater, Rebecca Thomas, Lydia Van Horn, Jennifer Carpenter, Hannah Keeling, Kyle Schilling, Patti Lustgraaf, Mike Chimenti, Sarah Gemmell, Jill Hardy, Ben Janke, Brent Koppenhaver, Amber Ling, Jill Lippard, Nathan Long, Kevin Marasinghe, Kathryn Polking, Kyle Poorman, Yael Shapira, Naomi Slutzki, Heather Smith, Allison Stoops, Andrea Thatcher, Cory Ungs, Lisa Van Deusen, Julie Hinrichsen, Heidi McElroy, Steve Block, Adam Diesburg, Alayna Ellis, Laura Heideman, Pam Madsen, Spencer Mickelson, Steve Peterson, Andrew Ringlee, Neal Schuster, Cameron Staff, Adam Hade, Erin Muske, Nathan Vos, Ryan Beeman, Adam Forney, Luke Healy, Ross Randolph, Jacob Rhoads, Leisa Sharpe, David Miller, Joel Miller, Jess Clyde, Nathan Ginder, Jacob Anderegg, Andy Buck, Sarah Kitchell, Roni Mukerjea, Tim Noxon, Allan Penner, Nick Peterson, Shawna Thompson, Sam Wong, Shara Chapman.





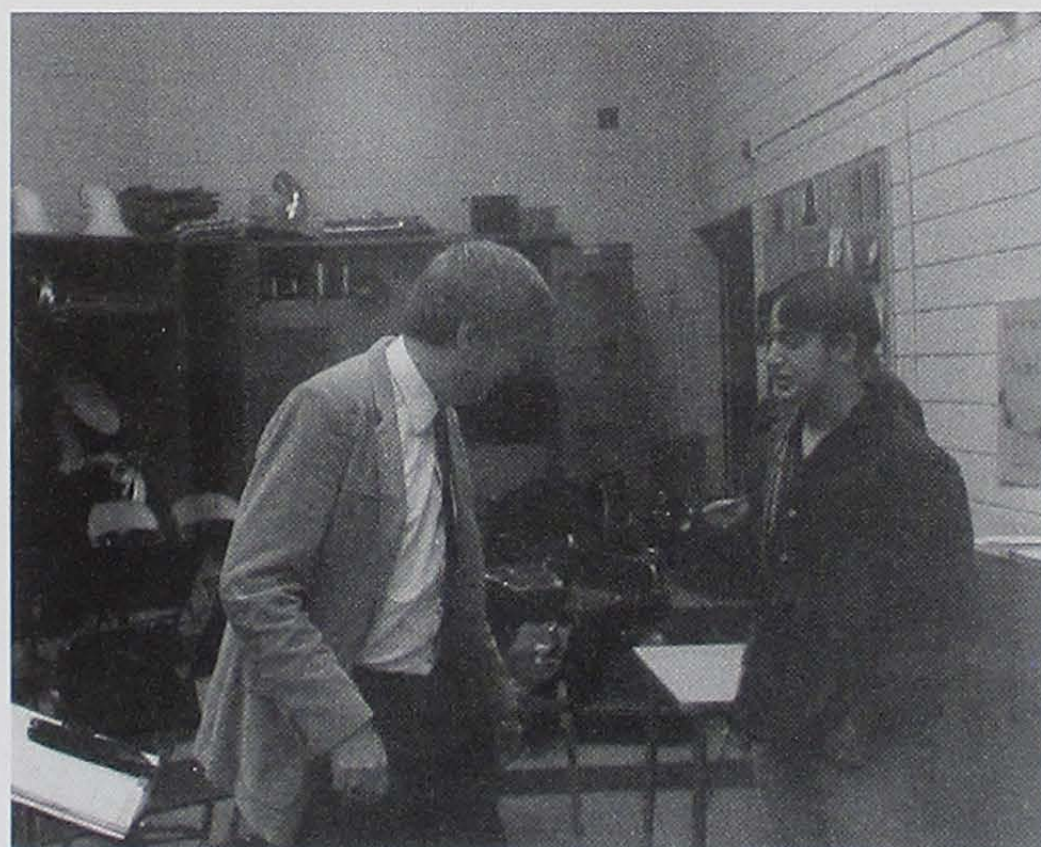
**SYMPHONIC BAND MEMBERS:** Anne Barnhart, Rose Bills, Rachel Chacko, Abby Cook, Emily Dahlgren, Rebecca Glatz, Heather Herold, Emily Hold, Ellen Kitchell, Krisin Melby, Naila Meyers, Melanie Mickelson, Elisabeth Kracher, Noelle Padgitt, Kathy Craig, Kelly Dunlay, Rachel Abbott, Angie Adams, Marlana Anderegg, Angie Carter, Steven Chang, Kristen Crase, Laura Howard, Celina Meyers, Robin Schinnow, Sara Stolmeier, Jill Watson, Suzanne Block, Bess Lewis, Rachel Pleasants, Heather Scrutton, Steve Gartz, Ben Heller, Jason Lippard, Josh Prins, Katherine Anderson, Kissa Sampson, Jamie Day, Jon Minion, Mark Anderson, Jake Bills, Melissa Fatland, Andrea Hawkins, Alan Hertz, Evan Jeffrey, David Jeong, Shannon Lott, Glen Pak, Blair Schilling, Paul Sibbel, J.C. Elbert, Andrea Hugdahl, Michael Morain, Bree Shields, Emily Silet, Mark Bailey, Mark Gardner, Bryan Hansen, Ryan Haynes, Bjork Hill, Jason Minion, Michael Chang, Josh Lapan, Andrew Albaugh, Randy Mathison, Nick Propes, Ethan Dunham, Nathan Johansen, Debra Peterson, Matt Peterson, Chris Strasburg.



**CONCERT BAND MEMBERS:** Anne Barnhart, Rose Bills, Elizabeth Bovenmyer, Rachel Chacko, Abby Cook, Emily Dahlgren, Rebecca Glatz, Heather Hold, Emily Jahr, Amy Johnson, Ellen Kitchell, Kathleen Leeds, Kathy Marvick, Kristin Melby, Naila Meyers, Melanie Mickelson, Sara Niemand, Jennifer Peyser, Devashis Roy, Jennifer Scott, Aletia Van Brocklin, Stephanie Wilson, Susan Ziegler, Julie Dickson, Elisabeth Kracher, Noelle Padgitt, Alan Shill, Kathy Craig, Kelly Dunlay, Amber Hill, Rachel Abbott, Angie Adams, Grace Aiton, Marlana Anderegg, Andrew Brown, Annie Butin, Meli Carlson, Angie Carter, Tenille Castonguay, Steven Chang, Kirsten Crase, Michael Dirnberger, Robin Elwick, Katie Friedrich, Andrea Gunning, Laura Howard, Matia Jacobson, Ryan Jeffrey, Celina Meyers, Joe Obrycki, Robin Schinnow, Sara Stolmeier, Emilie Wall, Jill Watson, Kari Wilkins, Suzanne Block, Bess Lewis, Michelle McCracken, Rachel Pleasants, Heather Scrutton, Jennifer Aldridge, Tom Allen, Issac Bills, Jason Clark, Nathan Davis, Jamil Davis, Steve Gartz, Ben Heller, Eileen Hiedeman, John Hinrichsen, Ryan Kelly, Jennifer Lee, Jason Lippard, Chad Mortensen, Nick Place, Josh Prins, Kevin Seiler, Joe Stansbery, Darcy White, Katherine Anderson, Sara Hurburgh, Eric Lambi, Melissa Sampson, Jamie Day, Jon Minion, Mark Anderson, Scott Anderson, Jeremy Bents, Jake Bills, Brett Brinkmeyer, Joel Emiola, Melissa Fatland, Anthony Hartman, Andrea Hawkins, Alan Hertz, Evan Jeffrey, David Jeong, Reed Larson, Shannon Lott, Michelle Marvick, Kristen McGeeney, Glen Pak, Blair Schilling, Paul Sibbel, Steve Townsend, Brandon Whalen, Matt VanderZyl, J.C. Elbert, Andrea Hugdahl, Bri Magel, Michael Morain, Karina Nelson, Aaron Ritz, Stacia Rodgers, Bree Shields, Emily Silet, Megan Stephenson, Rachel Storm, Mark Bailey, Brad Braymen, Jesse Ciccotti, Mark Gardner, Bryan Hansen, Ryan Haynes, Bjork Hill, Richard Keeling, Ryan Long, Matt Miller, Jason Minion, Matt Olson, Michael Chang, Josh Lapan, Andrew Albaugh, Chad Carr, Randy Mathison, Nick Propes, Dan Braun, Ethan Dunham, Travis Huiatt, Nathan Johansen, Bryan McGeeney, Matt Nelson, Debra Peterson, Matt Peterson, Seastrand, Chris Strasburg, Megan Stegge.



Senior Gabe Padilla practices before the jazz band rehearses. Padilla played bass guitar in the jazz band.



Junior Steve Gartz and his father, band director Homer Gartz, converse during Steve's band lesson. Steve played the saxophone in symphonic band.

Sophomores Josh Lapan and Randy Mathison joke around a bit before getting back to practice during a pep band rehearsal in the gym.





# Spirit Bands

By Elizabeth Malone

Somewhere between the boredom and the chaos of Ames High School lies band--our own marching, jazz, and pep bands, that is. Members of each of these three organizations had mixed feelings about being a part of it all.

"Marching band is fun because we're a part of a group and we can be crazy and get away with it," freshman **Beth Maroney** said. The marching band played at all of Ames' home football games; they're known for their awesome field formations during half-time. "Marching band presents a visual interpretation of music,"

band director **Homer Gartz** said.

"I like pep band because the music is as much fun as the yelling and screaming," junior **Ryan Kelly** said.

The pep band played at such events as basketball games and pep assemblies. "The pep band prepares music with an emphasis on a solid beat, quick tempo,

and a high energy level," Homer Gartz said.

Marching and pep band proved to be an exciting experience for those involved because of the perfect balance of performance and fun.

"I like pep band because the music is as much fun as the yelling and screaming."  
-junior Ryan Kelly

Julie Tosten



Julie Tosten

The Jazz band practices in an early morning rehearsal. Students enjoyed the variety of music studied in jazz band. Homer Gartz said, "Jazz band studies the areas of swing, Latin, rock and pop music. This group learns to interpret music so they can play in the styles necessary to perform jazz literature."



Ames High's pep band plays at a pep assembly. "The music is used primarily to provide entertainment and excitement," Homer Gartz said.



# Voiced Opinions

by Caity Birmingham

"This year has been extremely productive for all choirs," said Ames High Choir Director Steve Linn.

So it has. Not only as far as contests and concerts but also in the enjoyment and experiences of those who participated. "Choir is a nice break from the routine school day," said sophomore **Aaron Katz**, a member of Concert Choir.

Many students also thought of choir as much more than a hobby or a fun activity. "We came in as freshmen, singing in a whisper, but we leave singing loud and clear from our 'chest voices' and our hearts," said freshman **Johanne DeWinter**.

All opinions voiced on the subject of

choir said good things about it. Even those who saw it as a challenge. Senior **Emily Woline**, a member of Treble Choir said, "It was a small group so it

was even harder to do difficult pieces but we had a lot of fun."

For many students, choir was not just a place to sing, it provided a sense of togetherness. "We were like a big happy family," sophomore

more **Adrienn Lanczos** said.

"This year has been successful for the Vocal Music Department in all activities such as All State, Solo Small Group Ensemble, Large Group and Madrigal Dinner," concluded Instructor Steve Linn. "It was just peachy," agreed freshman **Spencer Mickleson**.

"Choir was just peachy."  
—freshman  
**Spencer Mickleson**



Members of the Freshman Choir: Soprano: Sara Antion, Ruth Appleton, Lucrece Booth, Andrea Brown, Shara Chapman, Johanne DeWinter, Megan Duple, Sarah Gemmill, Maya Hayslett, Allison Holm, Lisa Homstad, Hannah Keeling, Rachael Kietorf, Sarah Kitchell, Sara Lochray, Brande Peacock, Caroline Peterson, Allyson Prater, Rebecca Raines, Clare Ritz, Marie Rosenberger, Naomi Slutzki, Eugena Song, Monica Stevens, Shawna Thompson, Carlie West, Heather Wilson. Alto: Sarah Bappe, Christine Benson, Erin Bilyeu, Hsun-Wen Chang, Stacey Chung, Brenna Dougan, Emily Duffelmeyer, Shannon Floyd, Claire Gilchrist, Ellen Haws, Joni Hunziker, Sarah Jones, Lauren Kinney, Jill Lippard, Staci Lowman, Andrea Martin, Erin Maysent, Keary McHugh, Molly McNertney, Amanda Millard, Beth Miskimins, Janel Morz, Anila Persaud, Emily Peterson, Megan Popelka, Kristi Roosa, Katherine Ross, Leah Theesfield, Juli Van Slyke, Jessica Wray. Tenor: Josh Boresi, Michael Ewalt, Spencer Mickleson, Nicholas Myers, Neal Schuster. Bass: Steven Honieck, David Lastine, Cory Ungs.



Treble Choir: Front Row: Emily Woline, Cindy Whiteford, Charity erts, Lindsey Eischen, Heather Roberts, Kara Kerr. Back Row: T Castonguay, Donna Frye, Amy Smith, Aubrey Bryant, Maggie St Not pictured: Khara Burlingame, Xue Li, Tosin Oguntimein.

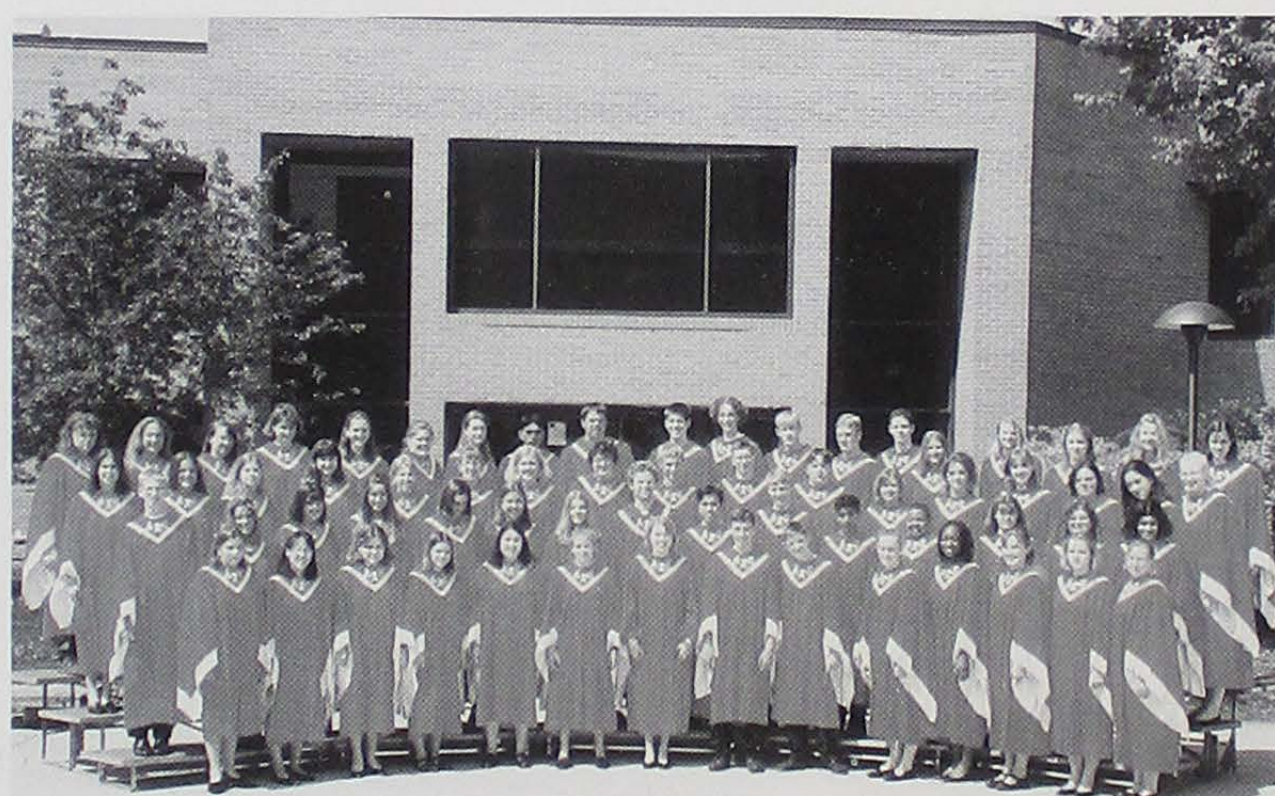
Freshmen Brenna Dougan and Spencer Mickleson manage to pose and sing at the same time. (Photo by Caity Birmingham)





Concert Choir sings Happy Birthday to their choir instructor Steve Linn, putting variations into the song with their vocal talents. "Choir is a really good learning experience. The instructors are really supportive if you need help with music and it is a good way to meet new people and make friends," said sophomore Bree Newton.

Annie Gatewood



Members of Concert Choir: Soprano: Rachel Best, Ashley Brock, Jane Chang, Julie Dunwell, Ashley Elston, Sara Foderberg, Donna Frye, Sara Hegland, Elizabeth Hoyt, Jamie Huss, Melissa Kauzlarich, Adrienn Lanczos, Billie Jo Lay, Jody Logston, Kristin Melby, Katie Milleman, Denise Mix, Shawn Netolicky, Louise Rothschild, Angela Steele, Rachel Strom, Amber Weiers, Mindy Wilson. Alto: Carolyn Andrews, Mary Baty, Karen Bittner, Erin Carter, Tenille Castonguay, Ginny Cronin, Jamie Day, Tolu Fadeyi, Manisha Gadia, Elizabeth Gardner, Paula Goyeneche, Holly Hampson, Linda Harvey, Sara Hurburgh, Emily Kell, Stephanie Knop, Jennifer Lee, Sarah Madsen, Brianne Nagel, Michelle McCracken, Celina Meyers, Bree Newton, Jessica Netolicky, Rachel Randall, Christy Rippey, Megan Shill, Katherine Staudt, DeAnna Swyter, Katie Van Roekel, Emilie Wall, Katie Walquist. Tenor: Ankur Amin, Nathan Anderson, Scott Anderson, David Cheney, Gary Eaches, Aaron Katz. Bass: Albert Amos, Mark Anderson, Derek Bjelland, Brian Drake, Bronklyn Harms, Andrew Lloyd, Chau Nguyen, Chimnoy Panigrahy, James Proescholdt, Aaron Ritz, Joshua Stairs, Adam Summers, David Terpstra.



The Chamber Singers perform at Madrigal Dinner. "Standing at the table for two hours got to be kind of long but I heard some cool jokes so it was okay," said senior Jenny Whalen, a Chamber Singer, about the experience.



Julie Tosten

Juniors John Titus and John Minion pose happily during Concert Chorale. "We are a group of talented people and we had a good year," Titus said.

Renessa Osterberg waits for class to begin on this day near the end of the year. The last few weeks of school are devoted to auditions in most choir classes.





# Just Sing Along

by Caity Birmingham

The great majority of Concert Chorale and Chamber Singer members are upperclassmen. Although Choir is generally thought of as a peaceful and enjoyable activity, it can create problems with time for some junior and senior members. "Singing is one of my favorite things to do but it takes a lot of time and commitment junior and senior year," said junior **Amy Van Slyke**.

However, as far as activities that take a lot of time and commitment, choir is generally considered one of the more enjoyable. Besides, as juniors and seniors, choir becomes more than just singing, it becomes a possible career choice. "It's entertaining and it creates a lot of opportunities if you decide you want music as

your career," said junior **Rebecca Hunter**.

As a select group that sings at Madrigal Dinner and other concerts, Chamber Singers may take even more responsibility and time than Concert Chorale. It too is a lot of fun though. "It's tons of fun, you meet really neat people that enjoy singing as much as you do and you get to wear neat costumes," said se-

"Singing is one of my favorite things to do."

—junior Amy Van Slyke

nior **Leah Mills**.

Some students are involved in both Concert Chorale and Chamber Singers and still manage to just sing along and enjoy it. "Concert Chorale and Chamber Singers are a great opportunity for me to express myself through music," junior **Uri Kogan** said.



Jenny Whalen



Members of Concert Chorale: Soprano: Katie Bryant, Khara Burlingame, Abby Cook, Kathy Craig, Kristen Crase, Steffi Drewes, Robin Epstein, Andrea Hawkins, Rebecca Hunter, Ellen Kitchell, Elisabeth Kracher, Bess Lewis, Katy McDowell, Janie Mickleson, Ujjaini Mitra, Rennessa Osterberg, Melissa Poague, Erica Desel, Charity Roberts, Heather Scrutton, Sabrina Shields, Carrie Shupp, Amy Smith, Alyssa Speck, Amy Van Slyke, Bethany Weitzel, Jenny Whalen. Alto: Natalie Over, Sarah Chapin, Amy Corley, Millie Dowling, Angie Gabrielson, Emily Hawkins, Heather Herold, Andrea Hugdahl, Emily Hawkins, Heather Harold, Emily Kerr, Kara Kerr, Naomi Lohr, Susannah Lyon, Naila Meyers, Leah Mills, Noelle Gitt, Trisha Popelka, Robin Schinnow, Stephanie Schubert, Emily Silet, Carrie Watson, Kara Zeimet. Tenor: Steve Cable, David Cheney, David Cook, Alan Good, Alan Hertz, Jacob Hielt, Uri Kogan, Michael Morain, Nick Propes. Bass: Chris Allen, Mark Anderson, Jacob Bills, DJ Burgdoff, Jonathon Coy, David Hufriend, Travis Huiatt, David Joens, Jonathon Minion, Joshua Prins, Marc Scholten, Ben Spike, Jonathon Titus, Christopher Tomlinson, Chris Tuttle.

Chamber Singers: Front row: Mark Anderson, David Cheney. Second Row: Jacob Hielt, James Proescholdt, Ellen Kitchell, Angie Gabrielson, Katie McDowell. Third Row: Ben Spike, Kirsten Crase, Sabrina Shields, Emily Silet, Andrea Hugdahl, Jenny Whalen, Ujjaini Mitra, Becky Hunter. Fourth Row: Aaron Katz, Sarah Chaplin, Kara Ziemet, Michael Morain, Robin Schinnow, Uri Kogan. Back Row: Chris Tuttle, Alan Hertz, Ankur Amin, Mark Scholten, Josh Prins. Not Pictured: Brian Drake, Leah Mills.



# Terpsichore

by Elizabeth Malone

The word *Terpsichore* is a Greek word derived from two words: *Terpin*, meaning to delight, and *choros*, meaning to dance. This year's Terpsichore, Ames High's annual dance show, was performed February 8, 9, and 10. The show, which was directed, produced and choreographed by students, included such dance titles as "Rangeela (Colorful)" and "The Brady Bunch."

"Being in Terpsichore was fun because we worked in a relaxed atmosphere with people of the same age

group," sophomore **Wendy Magadza** said. Wendy danced in "Rangeela," which was a dance of color.

"I love the nervousness and rushing around that leads up to performing. The nervous feeling in your stomach goes away right when you start to dance, and then you have fun," senior **Robin Schinnow** said.

"Working together helps me to get to know people, and then the dance is more fun."

This year's show proved to be an enjoyable experience for both the audience and the dancers.

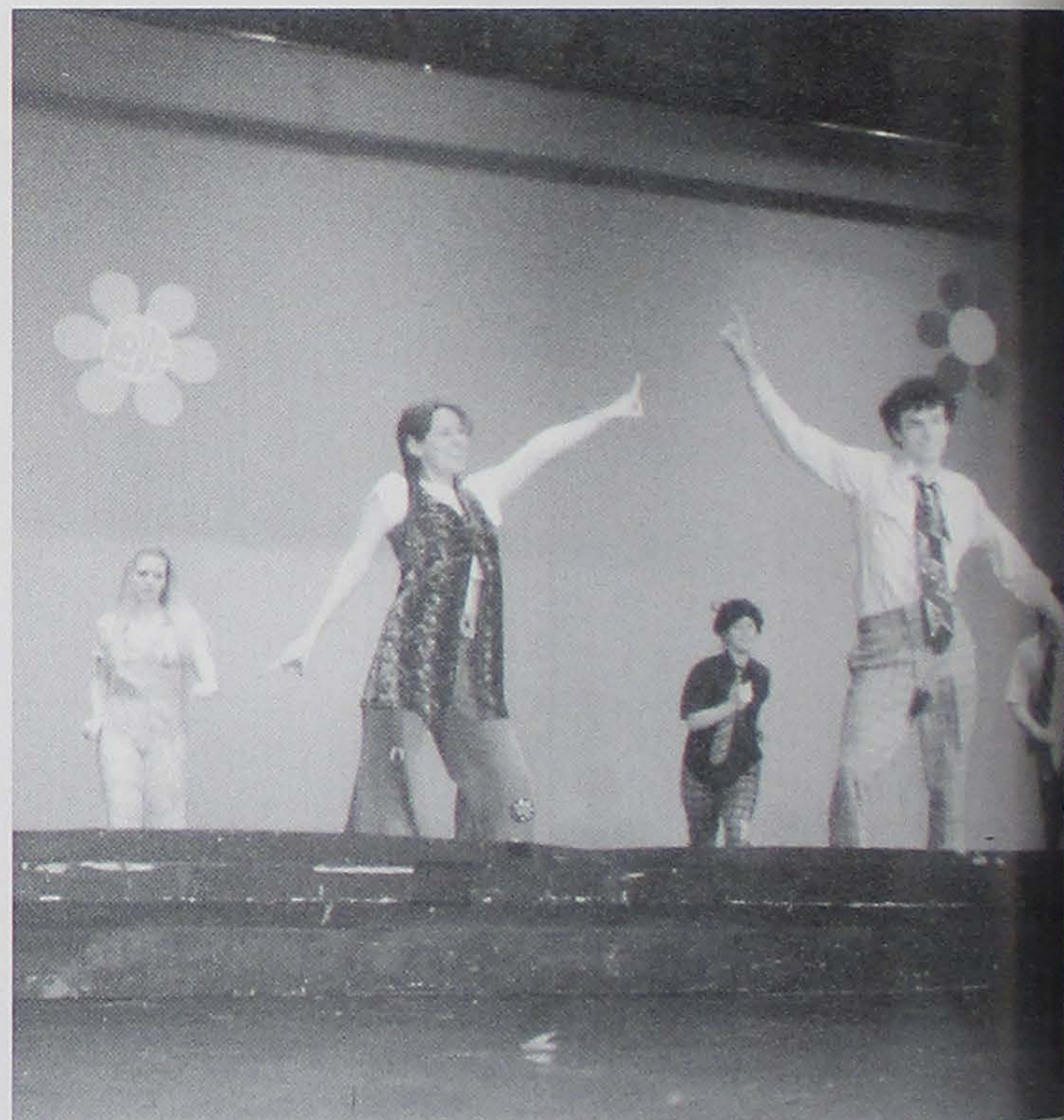
"Being in Terpsichore was fun because we worked in a relaxed atmosphere with people of the same age group."

—Sophomore Wendy Magadza



Jenny Whalen

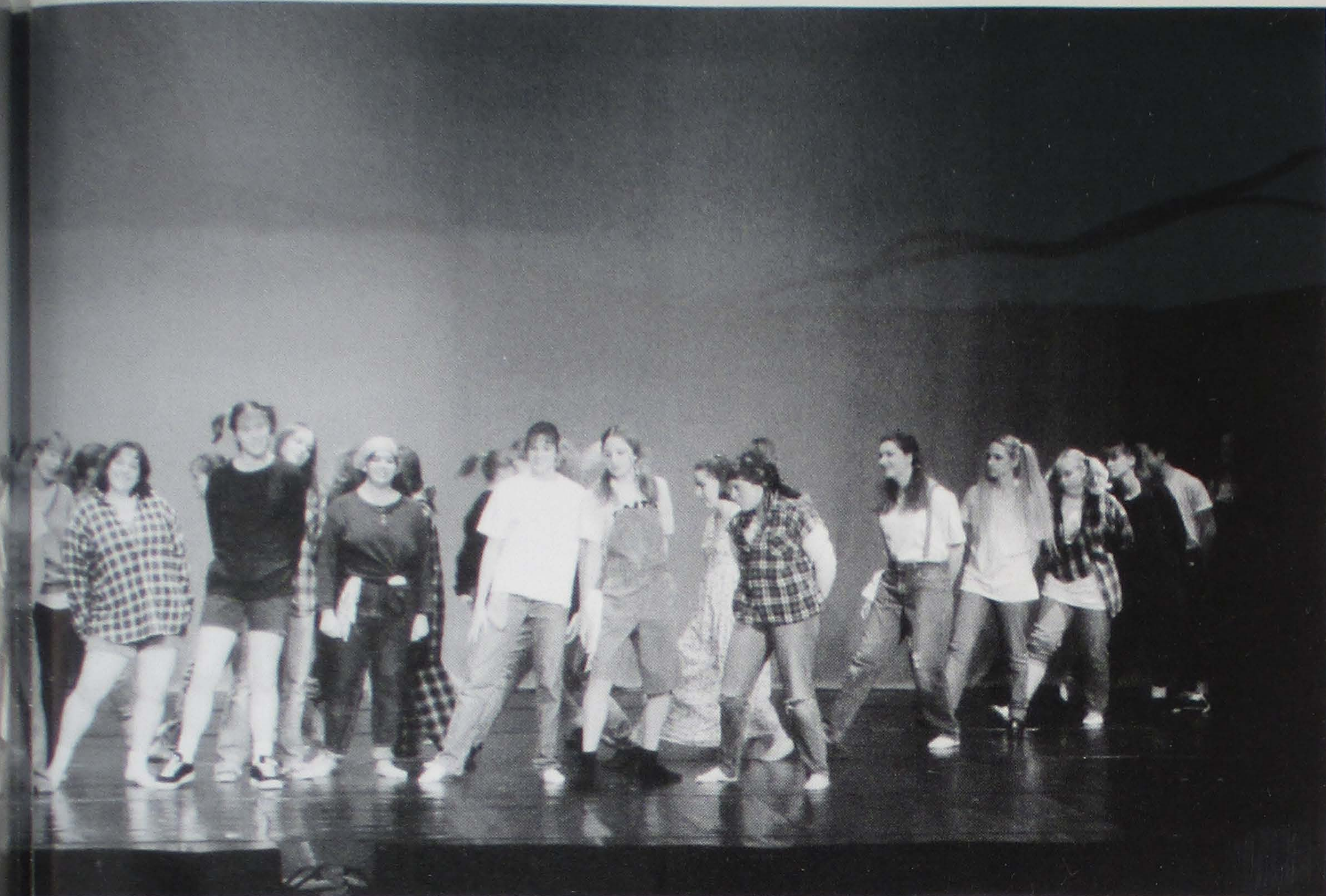
Juniors Megan Stegge, Melissa Kinyon, and sophomore Tanner Hronek dance in "Cotton-Eyed Joe." The dance was performed to the song "Cotton-Eyed Joe" by the band The Rednex, and was choreographed by senior Jenny Whalen.



Jenny Whalen

Senior Brooke Engeman and junior Ryan Greenlaw bust a move in "The Brady Bunch." The dance, which was choreographed by Engeman, went over well with the audience and proved to be a favorite of many.





Jenny Whalen

The entire cast of Terpsichore performs the finale to the show. The finale, which was choreographed by seniors Amalia Smith and Karena Cruse, was performed to "It's the Hard-Knock Life" from Annie.



Junior Priya Kothari gets help from senior choreographer Tuhina Dayal with her costume. Both Kothari and Dayal were in the dance "Kehna Hi Kya," named after a Hindi song about a woman who falls in love at first sight. (Photo by Jessica Pohlman).



# Diverse Theater

by Caity Birmingham

*David and Lisa* and *Spoon River Anthology*, last year's first two productions, were both distinctive and very different from each other. In fact, one might say they were as different from each other as night and day.

Sure, they had some of the same cast and crew, but what about other connections?

"It was interesting that in *Spoon River Anthology*, everyone had multiple personalities. . . I guess that could also apply to *David and Lisa*," sophomore **Margo Levine** said. Levine, a viewer of both productions, was referring to the multiple roles each actor played in *Spoon River Anthology* and the behaviors of characters in *David and Lisa*.

Apparently, the behaviors in *David and Lisa* seemed to rub off on some mem-

bers of the cast. When asked about *David and Lisa*, junior **Claire Dieter** could only repeat Lisa's lines: "David, David, look at me. Who do you see? Who do you see?"

Other members of the cast, not so ill-affected, had good experiences. "David and Lisa was fun because as extras we didn't really act. We just got to be crazy, which we were pretty good at already," said sophomore **James**

**Proescholdt**, a student in the play.

Luckily, *Spoon River Anthology* did not have any such effects. Junior **Renessa Osterberg** simply said, "It was fun to be singing instead of acting. It added something different to the play."

"As extras we didn't really have to act. We just got to be crazy, which we were pretty good at already."

James Proescholdt

Senior **Eddie McElvain** acts his part as David, tries with bewilderment to figure out Lisa. Sophomore **James Proescholdt** sits quietly next to him, adding something "extra" to the scene.







Much of the cast of *David and Lisa* gather here as various students at the school. This was one of many moments in the play that combined comedy with a serious message.



Sophomore Katie Geha acts as a nymphomaniac student while Elizabeth Thompson plays a helpful counselor. The many diverse roles made *David and Lisa* play fun to watch.

Sophomore Travis Shore rises from his grave in *Spoon River Anthology*. The play had an interesting yet simple set, adding to the odd organization of the plot and roles.



# Playin' Around

By Elizabeth Malone

Ames High's spring plays this year included the senior-directed One-Acts and The House of Blue Leaves. One-Acts continued the tradition of various senior-directed plays, and The House of Blue Leaves was a comedy/drama.

This year's One-Acts included "Take 5," directed by **Darci Horton**, "Cinderella Wore Combat Boots," directed by **Chris Meyer**, "Passion, Poison, & Petrafaction," directed by **Sarah Hagge**, and "The Amazon Wedding," directed by **Ben Godar** and **Mike Popelka**.

"One-Acts was different than other plays because it was student-directed. That is also what made it fun, though. My play was especially funny because we got to speak with English and Cockney accents," **sophomore Sofia**

"One-Acts was different than other plays because it was student-directed. That was also what made it fun, though."

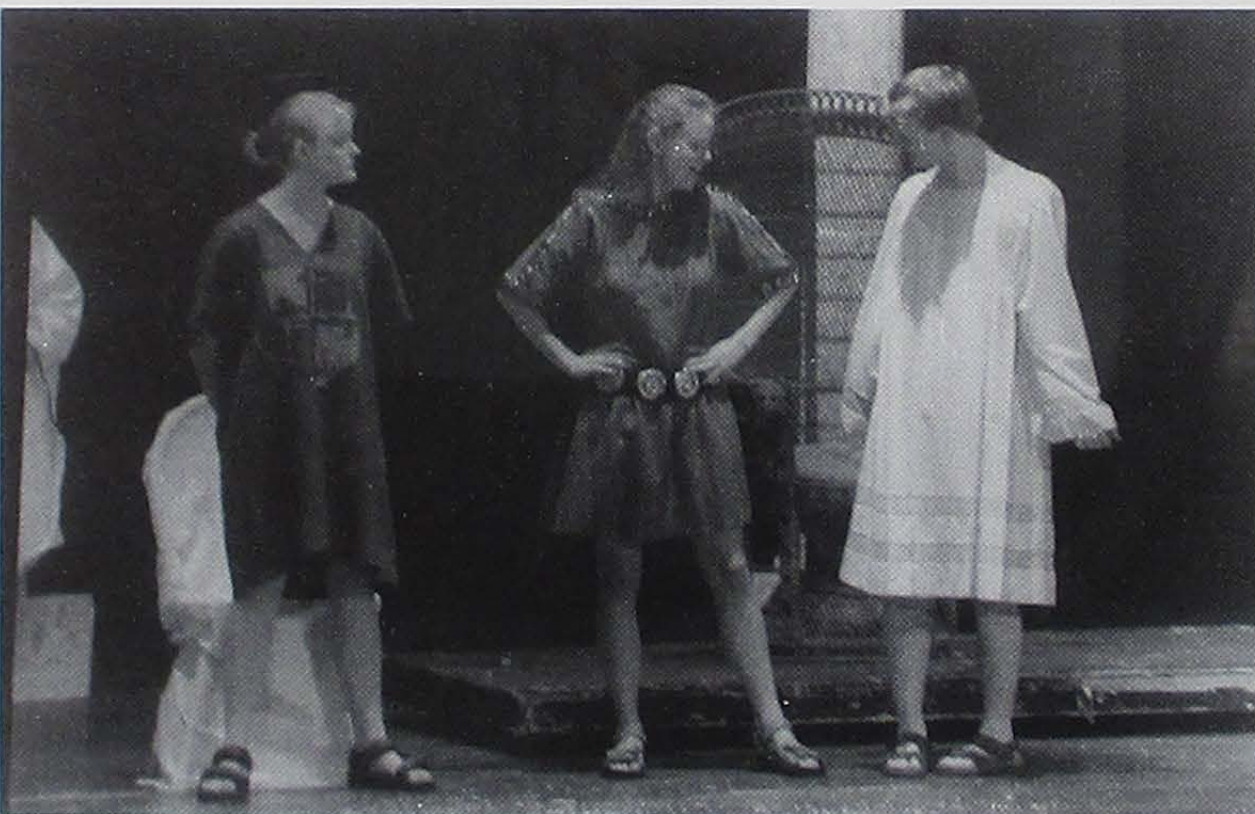
-Sophomore Sofia Mosesova

**Mosesova** said. "**Sarah Hagge** did a great job directing. All of the seniors did." Sofia was in the one-act "Passion, Poison, & Petrafaction," by George Bernard Shaw, which was a love story of sorts with a tragic ending in which the lover got cast in plaster.

Although The House of Blue Leaves went smoothly, there was one mishap; as documented by

junior **Phil Duple**, "I broke the frickin' stick." Phil played a raging police officer with a night stick, and became a little too dramatic on stage.

The spring plays of 1996 were successful, but most importantly the students learned a great deal about theatre while having fun at the same time.



Annie Gatewood

Sapiens, played by senior Travis White, seduces Hippolyta, queen of the Amazons, played by sophomore Katie Finn, as Buria (junior Julie Tosten) looks on in disgust at his flirtatious display in Ben Godar and Mike Popelka's presentation of "The Amazon Wedding."

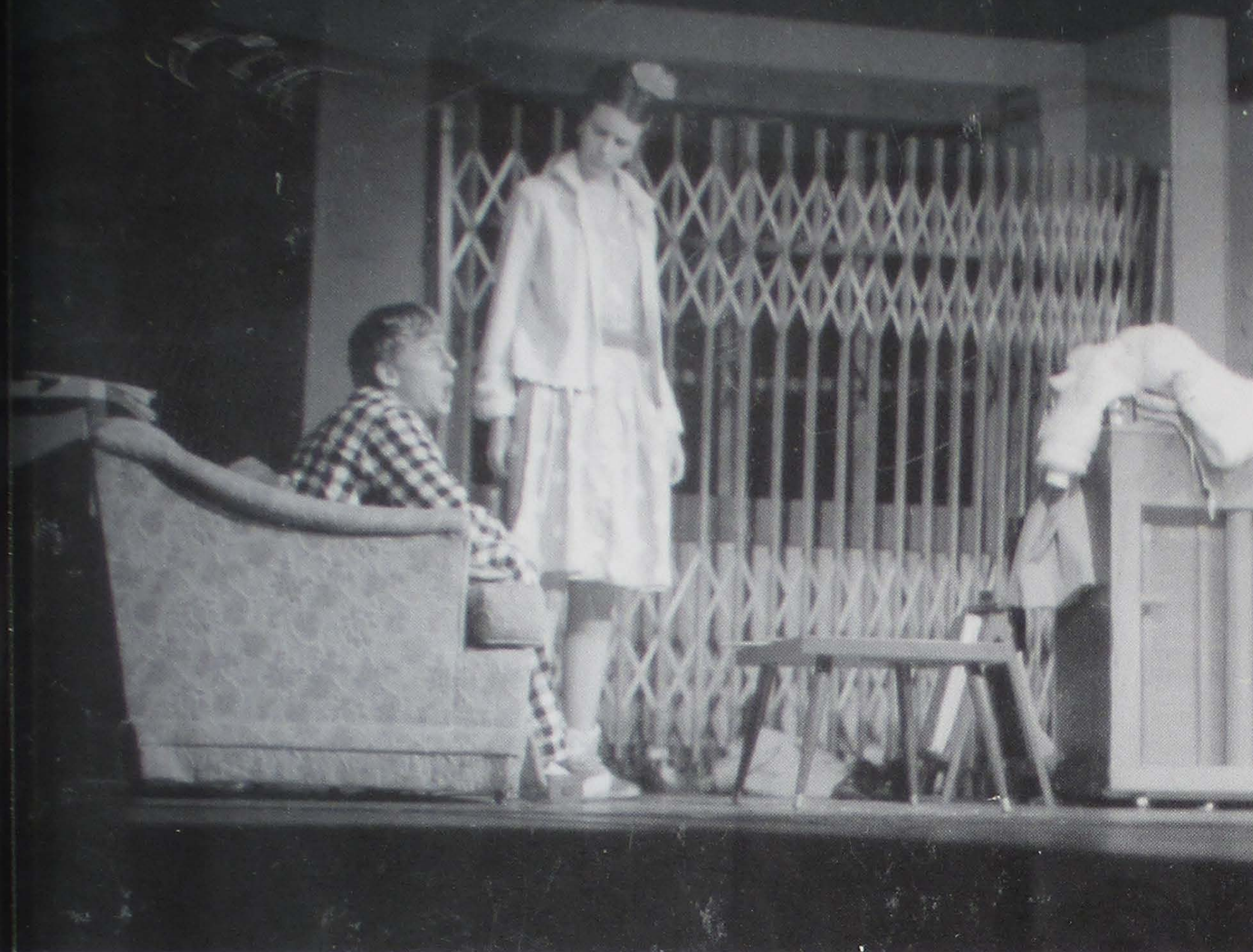


Elizabeth Malone

In "Cinderella Wore Combat Boots," Prince Charming (junior J. Stansbury) bumps into the mysterious love of his life, Cinderella (sophomore Rachel Strom) for the first time. During her escape at midnight, Cinderella left behind one of her combat boots; this ultimately led to their happy reunion. When asked what it was like to be Prince Charming "Cool and suave," Stansbury said.



Brooke Harker tells senior Mike Popelka that the Pope is in town and they really should go visit him.



Julie Tosten



Julie Tosten

The White Man (played by senior Frank Hassel) puts Bunny Flingus (senior Brooke Harker) in a straightjacket in *The House of Blue Leaves*.

Artie Shaughnessy (senior Mike Popelka) demands that Bunny Flingus (senior Brooke Harker) cook for him. Bunny saw cooking as a sacred ritual which should be performed only after marriage.





Using watercolors in Ms. Gugel's painting class, sophomores Sofia Mosesova and Paula Goyeneche paint landscapes.



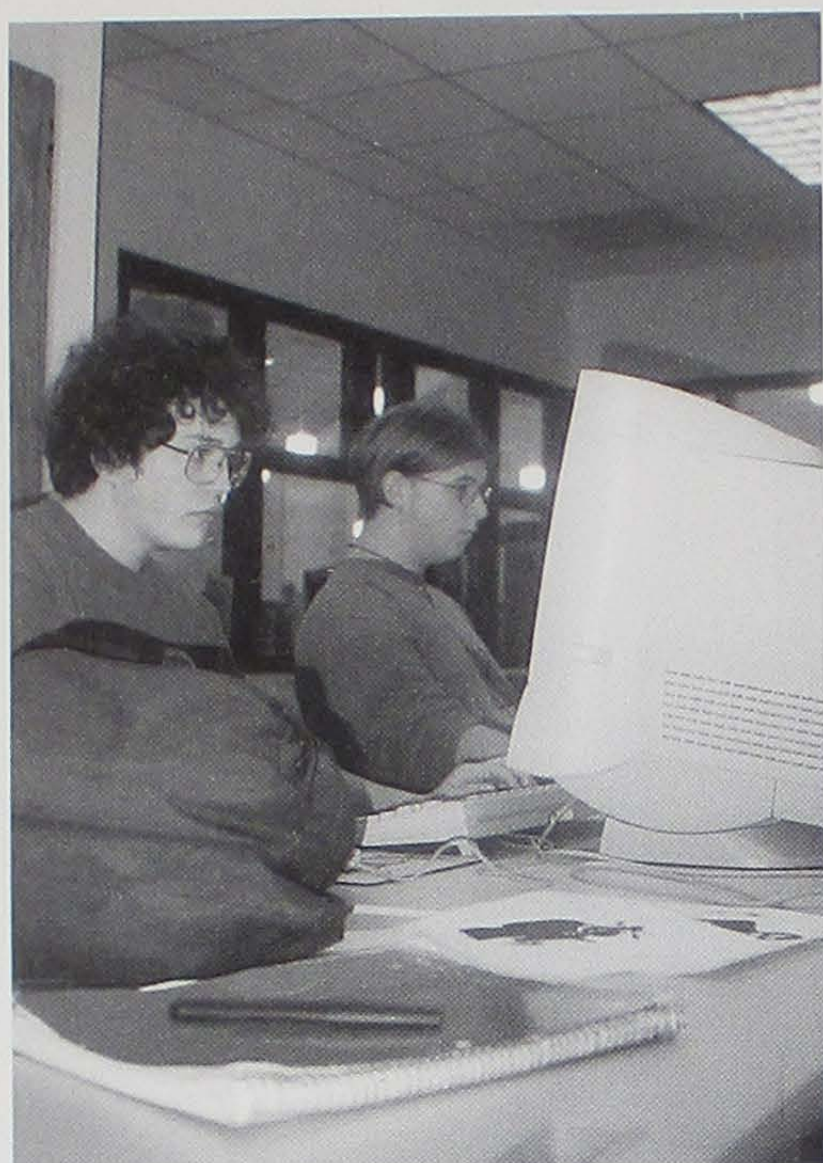


Julie Tosten

academics at Ames High School were far from the pencil and paper methods of the past.¶ Students experienced a taste of the past at the Minnesota Renaissance festival in September.¶ In November, over 50 speakers from around the community spoke to students during the Human Relation Committee sponsored Unity Day.¶ When the first semester ended, 176 students had earned a 4.0 grade point average, and nine students had earned the prestige of being a National Merit Scholar Finalist.¶ During March, more than 100 students participated in the four school-sponsored trips to Germany, Spain, France, and England, and in April, 10 juniors and seniors spent three weeks in Moscow, Russia as part of a cultural exchange program.¶ In May, five students traveled to Washington D.C. to compete in the national Science Bowl competition after winning the state title.

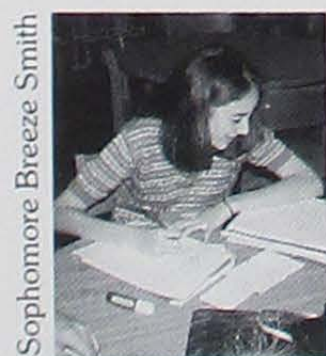


Students leave the Media Center at the end of a period. The new MC had a security system to prevent students from taking books.



Sophomore James Proescholdt and junior Phillip Duple surf the Internet in the new computer lab. The lab featured 30 new computers, all with Internet access. "The Internet is helpful finding information for research projects. The information is more up to date than the books in the Media Center," Proescholdt said.

Senior Amalia Smith works in the new dark room. The larger dark room contained 14 brand new enlargers (plus a color enlarger) and three loading rooms. The new dark room was also more conveniently placed in the art wing.



Sophomore Breeze Smith



Photos by Audra Slocum and Naila

# 150 New Addition



# NEW AND IMPROVED

by Naila Meyers

As students returned to Ames High this fall, they were greeted with a new addition to the school. After a year of construction and inconvenience, students were able to use the new media center, science wing and dark room.

The new media center featured study and conference rooms, more tables, a computer lab with new computers, and a view of the prairie. One of the most popular additions was the junior-senior room. "It's nice to have somewhere to go as a junior when you have a free period," junior Amy Grley said.

The back hallway became more crowded due to its six new science classrooms for Earth Science, Physics and Chemistry. The rooms had more cabinet and lab space. The chemistry rooms had lab stations so students

wouldn't have to do labs at their desks. "The lab stations made labs easier because everything was at your fingertips and each group had their own space," senior **Sara Stolmeier** said.

The renovation of the old media center was completed for second semester, creating six foreign language classrooms, a conference room, a computer lab, and two teachers' offices.

"It's a nice environment. The rooms are bright, sunny and clean. I have my own room which is a blessing for a teacher, and the hall is full of language students so you hear French,

Spanish and German all the time," Spanish teacher **Barbara Peterson** said.

The new addition was a big hit in its first year of use and will be helping Ames High students for years to come.

"It's a nice environment. The rooms are bright, sunny and clean" – Spanish teacher **Barbara Peterson**

Abel • Adams • Anton • Barnes • Bolinger • Brunner • Burnett • Campbell • Carlson • Daddow • Dorr • Duea • Forssman • Furr • Garman • Greenlaw • Hansen • Hartman • Hosch • Jacobson • Johnson • Jorgensen • Junck • Jurgensen • Kautsky • Knight • Lawler • Lee • Linn • Mickelson • Nataro • Pelzer • Petersen • Peterson • Rowley • Schmaltz • Scott • Smith • Sullivan • Svien • Swenson • Tallman • Testroet • Troeger • Uetz • Versteeg • Windsor • Woodman •

"Homeroom 29 was the best because we always raised the most money in our class for Welfare Week." –senior **Jeff Koch**

"Homeroom gives me the opportunity to collaborate with my esteemed colleagues on our extensive efforts to undermine Miss Anton's authority as home room advisor." –sophomore **Celina Meyers**

Senior Cata Flores stands in front of one of the two new chemistry rooms during her Honors Chemistry class. The air-conditioned science classrooms included more advanced equipment for lab experiments. (Photo courtesy of Jon Titus)



Sophomore Eric Upchurch



English 9 • English 10 • Intro. to Journalism • U.S. History • Sociology • World Studies • Trigonometry • Advanced Algebra • AP Calculus • Earth Science • Honors Biology • Survey of Physics • Physics • German II • French III • Spanish I • Marketing • Keyboarding • Cadet Teaching • Auto Mechanics • Woodworking • 2-Dimensional Art • Photography • P.E. 9-10 • P.E. 11-12 • Band Lessons • Orchestra Lessons • Discrete Math

"Mr. Versteeg lets us go to the computer lab to work on social studies projects."  
—Freshman Sam Kolner

"Mr. Windsor lets us read 50 pages on the interesting subject of molecular diffusion"  
—Junior Andrew Yee

Sophomore Kelly Meierkord and other students work on their assignments in the social studies/business study center. Students went to various study centers that fit their homework needs. Some students, though, didn't see a need for them at all. "I think they should eliminate study hall altogether," Meierkord said.



Junior Mickey Boster

## 152 Study Halls

# FREEDOM PLEASE

by Umar Mujeeb

As Joe walks into a study center, a depressing feeling comes over him. He looks around and sees other students doing homework or, in many cases, nothing at all.

Most students agree that the new study centers are better than the study halls of previous years.

"The new study centers are better than the old study halls, but the whole study thing is not fun," sophomore **Kara Greving** said.

Many students believed that one way to make study centers more interesting would be to change the rules and let students socialize.

"I really wish there was someplace where students could go and talk when they don't have any homework because we can't talk in study centers," sophomore **Hilary Barta** said.

Students who wanted a change from the traditional study center could go to the new media center.

"The media center was an escape from the typically drab and dictator-like study centers," sophomore **Amanda Rios-Rivera** said.

Unlike freshmen and sophomores, seniors found refuge from restriction in the junior-senior room.

"I like free periods because we get to go to the junior-senior room and because we can relax and talk to our friends," junior **Patrick Camp** said.

In addition to relaxing, juniors and seniors relied on free periods to get their schoolwork done.

"When I stay up 'till midnight the night before and still have homework to do, free periods are a lifesaver," junior **Elizabeth Bovenmyer** said.

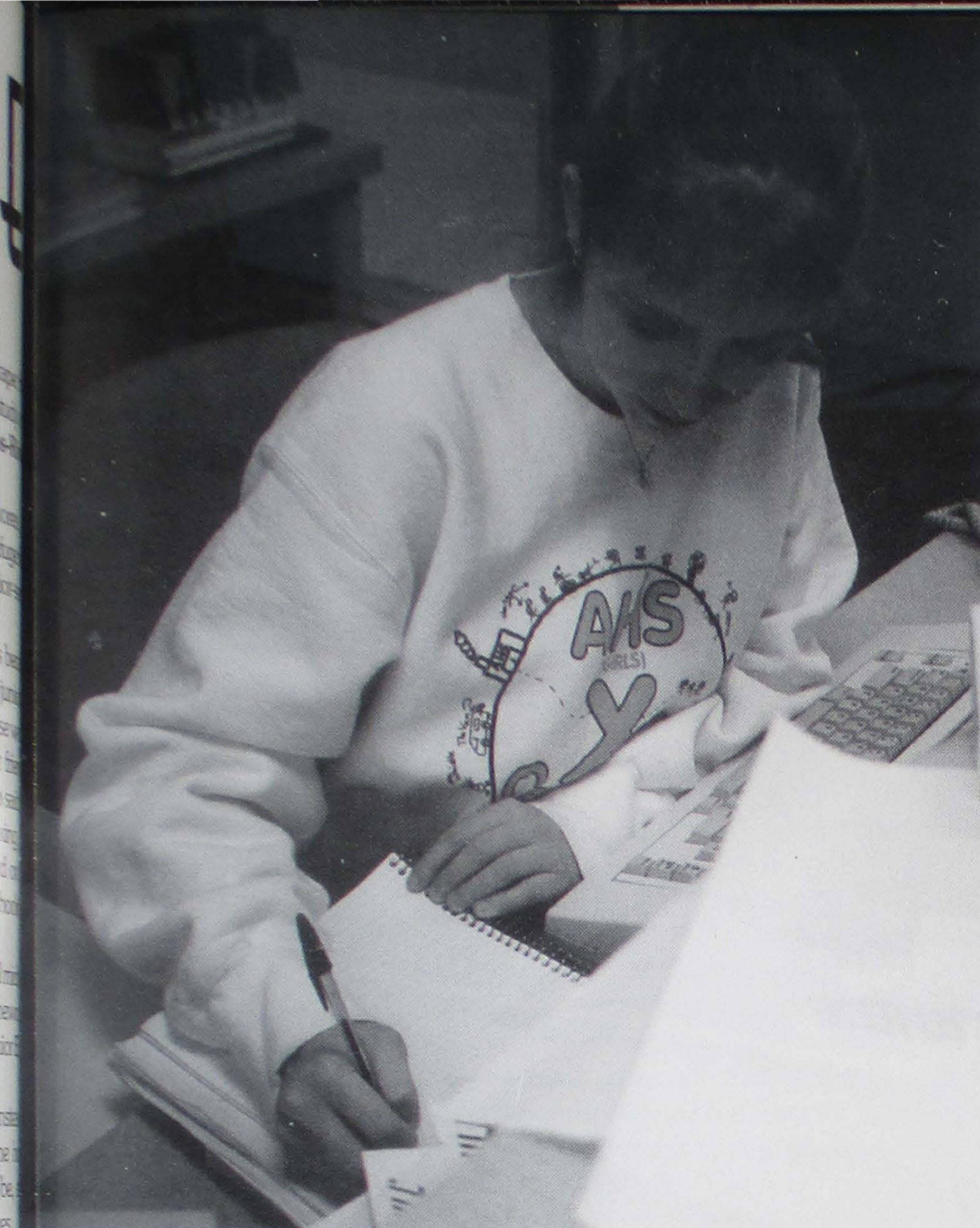
Joe sighs and decides that instead of boredom, he'll choose to get some homework done. Boring as they may be, study centers were useful in students' lives.

"Free periods are a lifesaver." — junior **Elizabeth Bovenmyer**



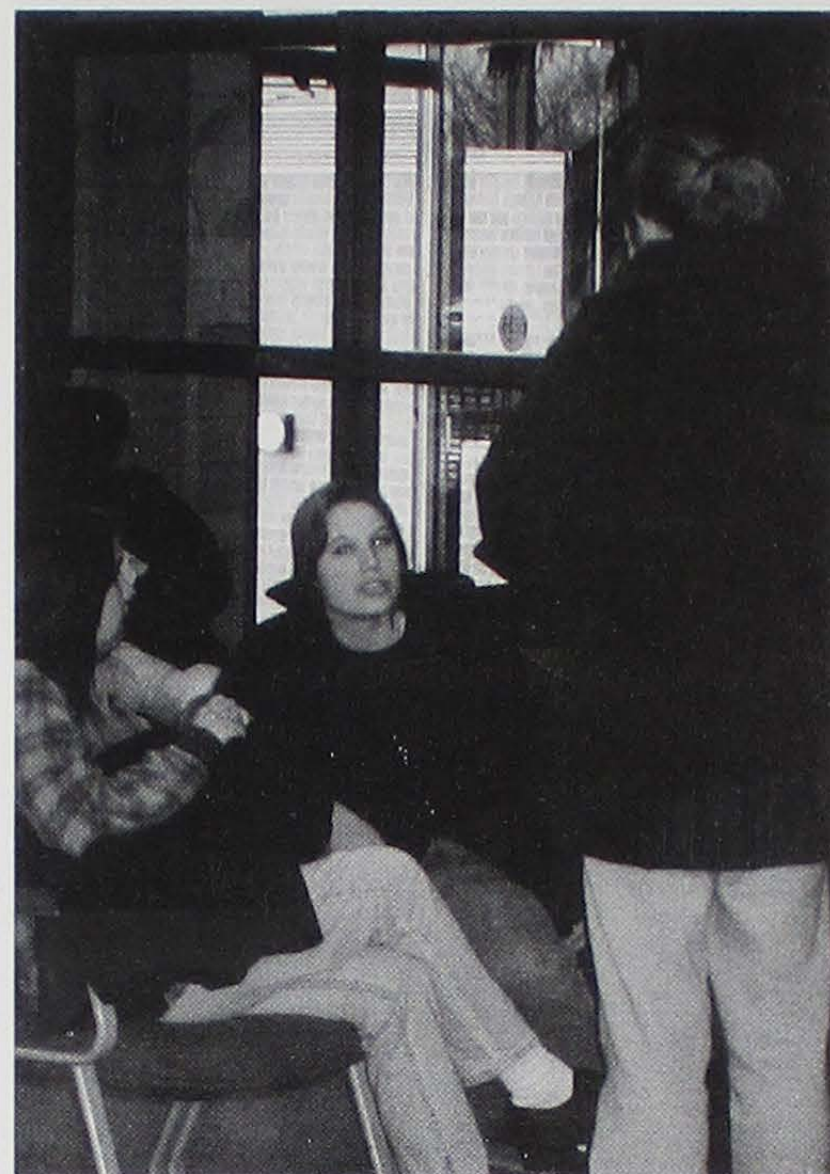
Kristen McGeeny





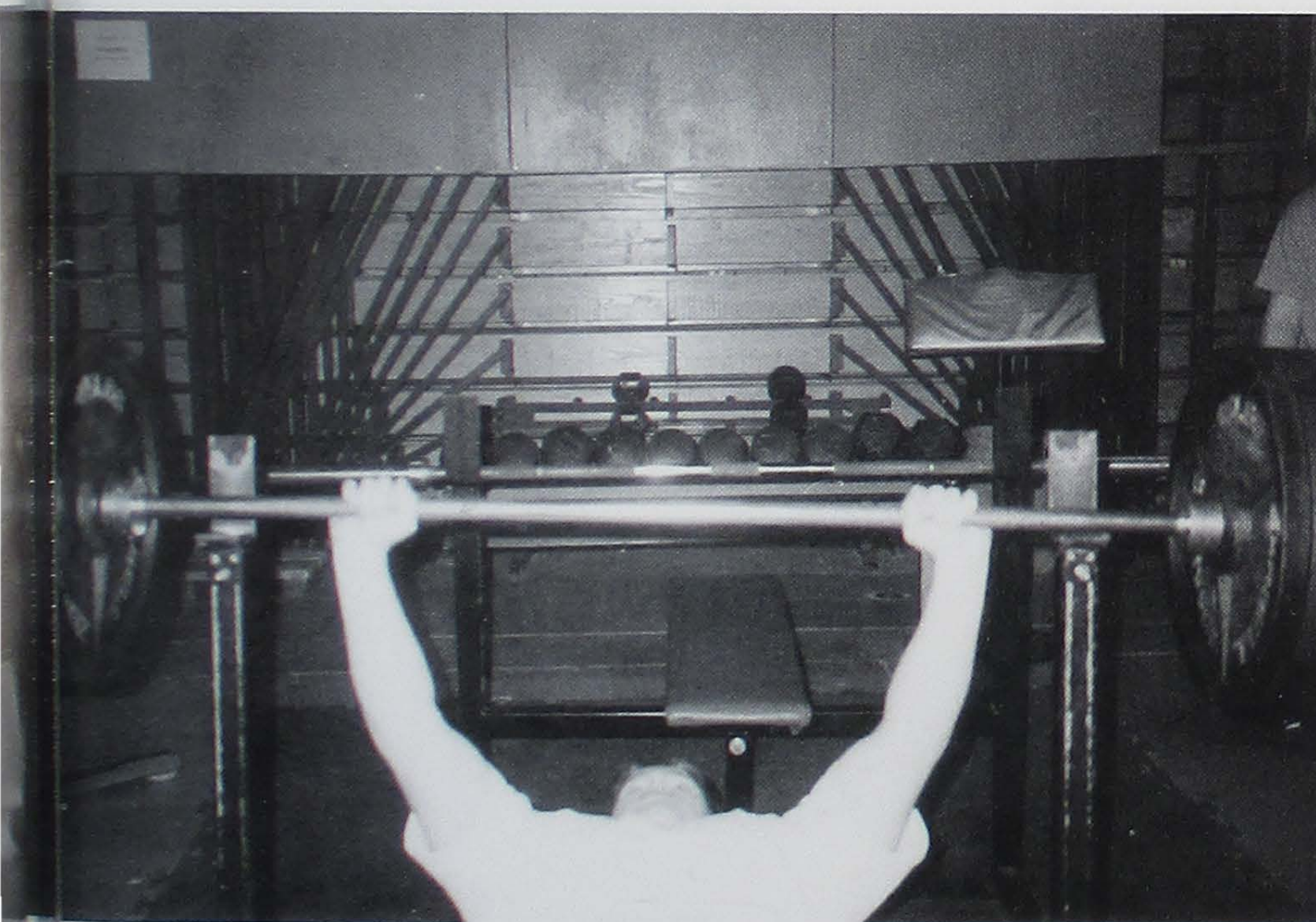
Lori Bates

Junior Heather Manger works in Student Services. Many students took advantage of working for teachers during their free periods. "During my free periods I have to work in student services, which I find pretty cool since I get paid," Manger said.



Lori Bates

Upperclassmen gather in the lobby during their free periods and socialize. Some students found the junior/senior room to be noisy and too cramped. The lobby provided them with more room and a more pleasant atmosphere.



Lori Bates

Junior Drew Hamilton lifts weights during his free period. Students used the weight room for various sports and personal activities. "Free periods are a great time to get things done," Hamilton said. "You can do your assignments from Mrs. Brunner's Algebra Class or lift weights. I usually lift. Sorry Mrs. Brunner."



Sophomore Jenny Lewis



While studying in the Media Center, junior David Jeong listens to his favorite music. Students often brought their walkmans or discmans to school to listen to on their free periods. "I find that listening to music relieves the tension in my inner soul," Jeong said.

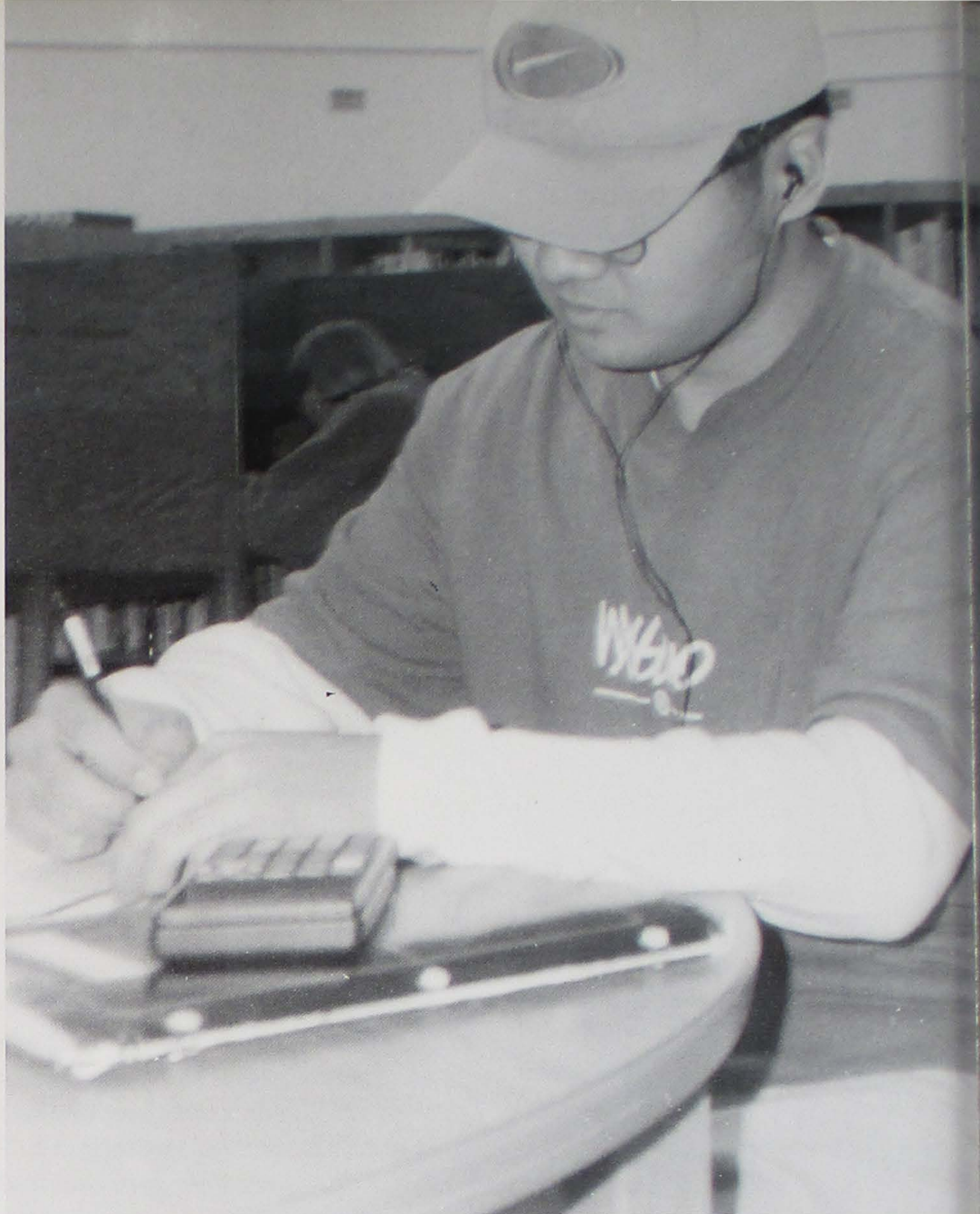


Photo by Ellie Palmas

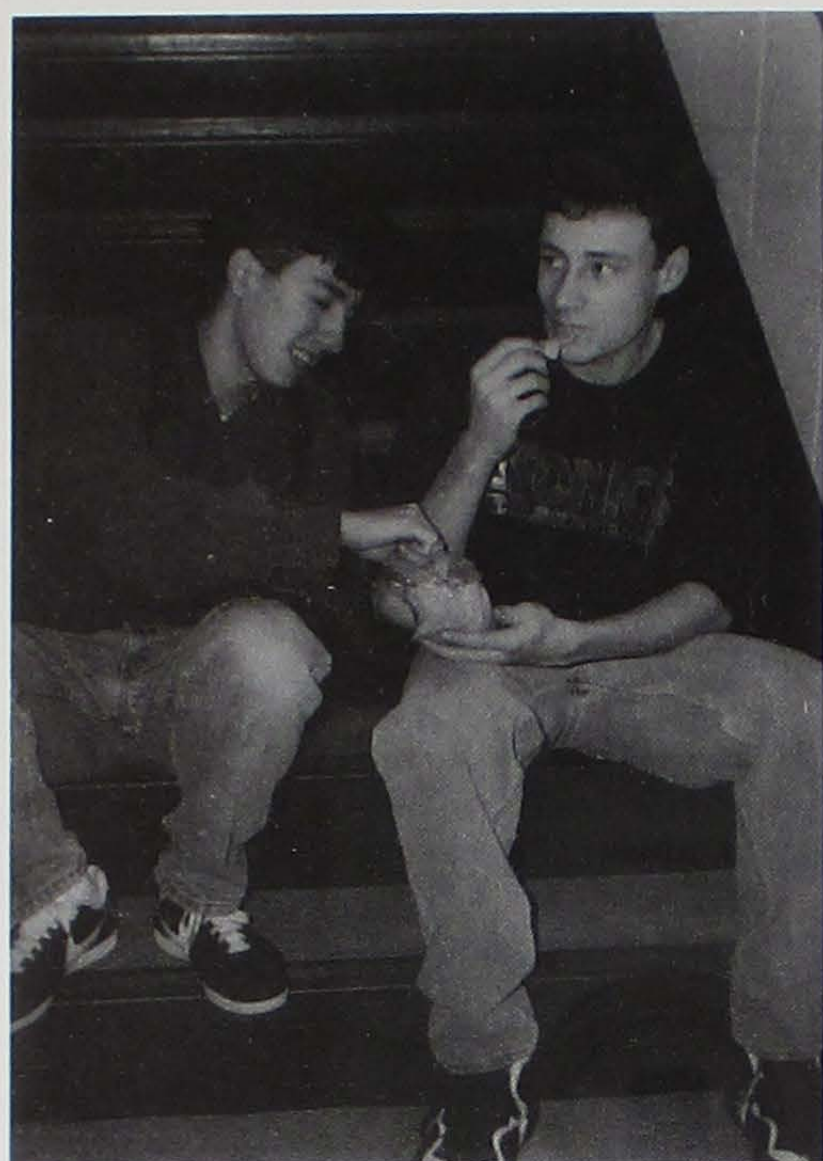


Photo by Ellie Palmas

Taking time out from a stress full day juniors Nate Jones and Mark Osem sit back and enjoy a bag of chips. "You can't eat just one," Jones said.

After a long day of studying junior Adam Jonas sits back and reads the paper. Some students spent free periods unwinding in the M.C. "Sometimes I like to sit back and read the paper to relieve stress," Jonas said.

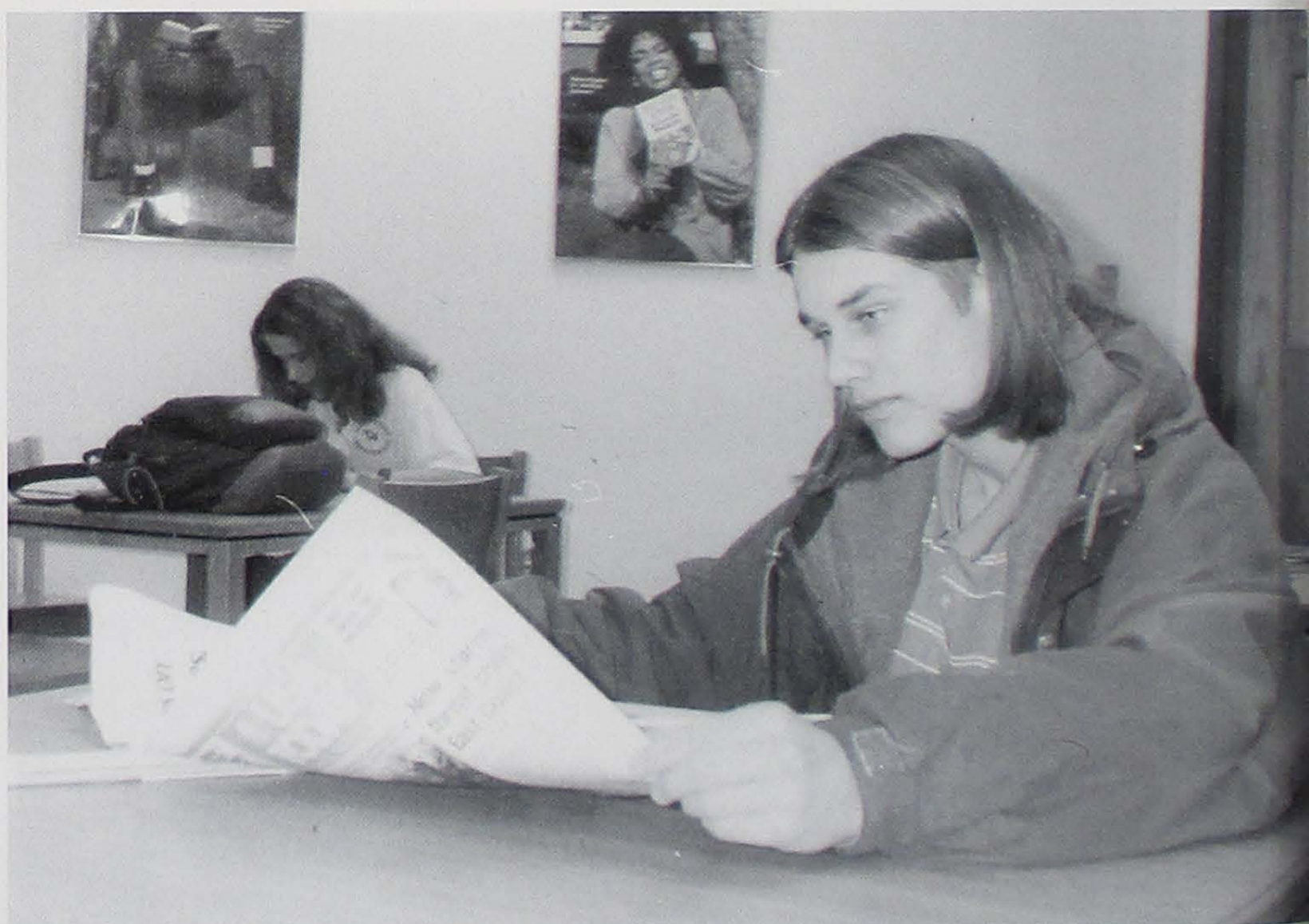


Photo by Ellie Palmas

Soph. Robbie Smalling





# JUST DEAL WITH IT!

By Erin Wentworth

Students came back from winter break and found out that semester finals were in exactly two weeks. What did they do? Often students began to stress out over grades and study times. What grade a student was in could usually determine the level of stress they were under.

"During freshman year stress doesn't exist," senior Chris Hoffman said. "Your sophomore year you think you have stress, your junior year you are stressed to the max, and your senior year you just don't care if you're stressed or not."

Whether it be going for a run, walking the dog, or talking on the phone, students learned to deal with stress in their own personal way.

"When I get stressed out, I sit down

and make a list of things I need to do," sophomore Wendy Magadza said. "Then when I finish one thing I cross it off on my list. Then I feel I have accomplished something."

For many students stress didn't set in until a week or two before finals began. Then everything seem to pile up all at once.

"When I get stressed I sing annoying songs to make other people mad," sophomore Devashis Roy said.

Students seemed to deal with stress better after finals are over. They helped each other out to

make it through those tough few days. Finals were also a way for students to have an excuse not to do chores around the house.

"When I get stressed I sit down and make a list,"  
—sophomore  
Wendy Magadza

Basic Comp. • Pre Calculus • Health • American Lit. • English 9 • Survey of Biology • Honors U.S History • English 10 • French I • Honors Biology • Chemistry • Geometry • Sociology • Modern Dance • Accounting • Survey of Chemistry • Earth Science

"Everything that can go wrong in second period wordprocessing does."

—sophomore  
Trisha Dau

"We laugh at Mr. Johnson as he attempts to draw the 'perfect' triangle."

—sophomore  
Aaron Harris

Juniors Matt Shimkus and Dana Doran take a break out from studying to talk to one another. Some students worked out their stress by seeing or talking to their significant other. "When I look at her all my problems go away," Matt Shimkus said.



Soph. Elizabeth Hallem

Photo by Ellie Palmas



# TO PASS THE TIME

by Erin Wentworth

English 9 • World Studies • Pre-Calculus • Health • AP Western Civ. • German IV • Honors Biology • Basic Comp. • Chemistry • 9th Algebra • Intro. to Journalism • Modern Dance • U.S. History • Spanish I • Treble Choir • Geometry • Survey of Physics • Jewelry • Foods • World Literature • French IV • Earth Science • Advanced Algebra • Keyboarding

"Mr. Versteeg is cool because he is more in tune to our needs in Government."  
—senior Laura Biechler

"In treble choir we take trips to norwegian bake sales."  
—junior Aubrey Bryant

Paying attention in classes was a hard thing to do this year. Students often find themselves "spacing off" or thinking about other things during their classes.

"Daydreaming is what I do best. The other day I dreamt my mom came into my history class naked, screaming profanities about how I didn't put my cereal bowl in the dish washer," sophomore Katie Finn said.

Students couldn't sleep in class so daydreaming usually got them in trouble, too. That's why most students thought doodling was safer than daydreaming.

"Most of the time I will try to

sleep or daydream, but I just get trouble," junior Leah Haas said. "I doodle on the sides of my paper to pass the time."

Doodling was another way students to pass the time during boring classes. Most tried to do this while taking lecture notes or not taking notes at all.

"If anyone were to look on any of my lecture notes through the whole year, all my papers had doodle marks on them," sophomore Shanne Smith said.

Whether it be doodling or daydreaming, students found ways to pass the time. Once in a great while students found a way to beat the system and sleep in class.

"I doodle on the sides of my paper to pass the time." — junior Leah Haas

Taking time to look outside before going into class, senior Chris Strasburg daydreams. "This is the only time I have ever caught myself daydreaming during the day," Strasburg said.

Soph. Robin Boyd







Photo by Ellie Palmas

Trying to finish her math homework, freshman Mary Russell doodles on the sides of her paper. "Doodling makes homework take longer, but makes the time go by fast," Russell said.

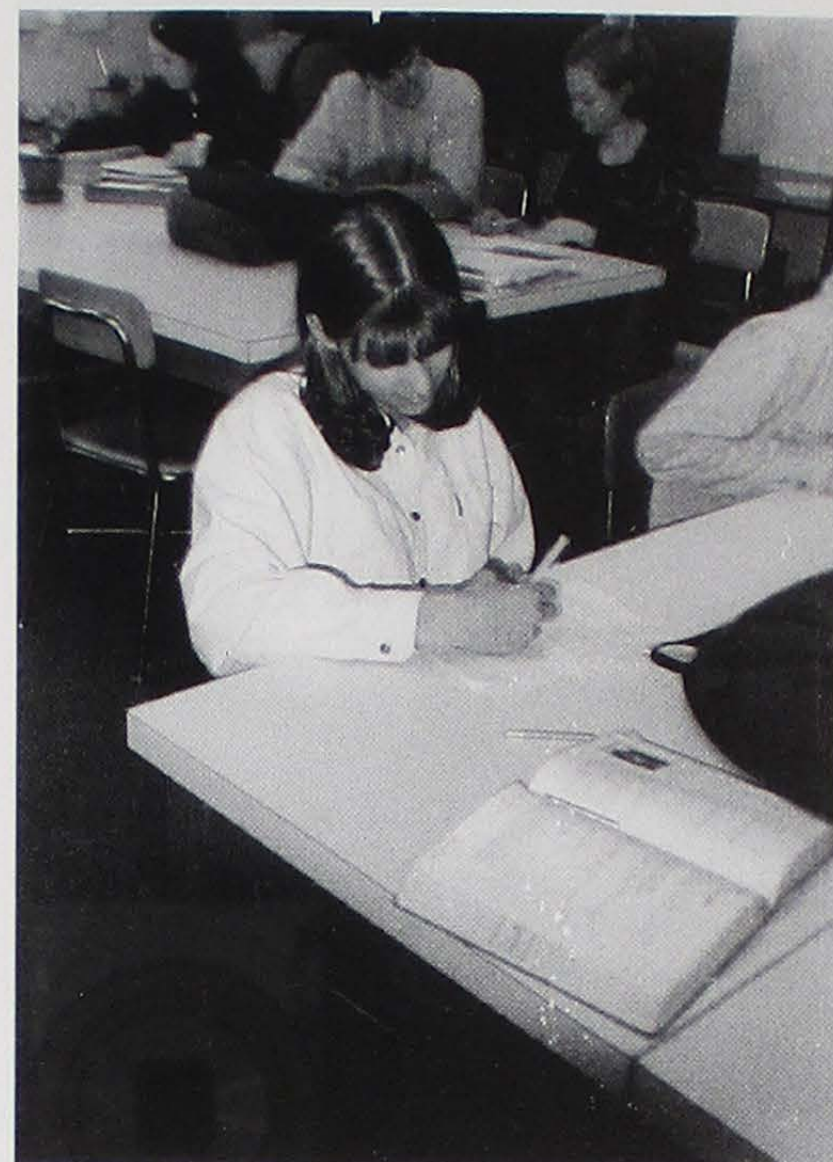


Photo by Ellie Palmas

Taking a nap in the media center, senior Christopher Devens tries to do his homework. "You woke me up to take a picture?" Devens said.

Not worrying about her homework, senior Katherine Holger takes time out to color in a coloring book. "Coloring helps me relieve the stress that homework puts on me," Holger said.

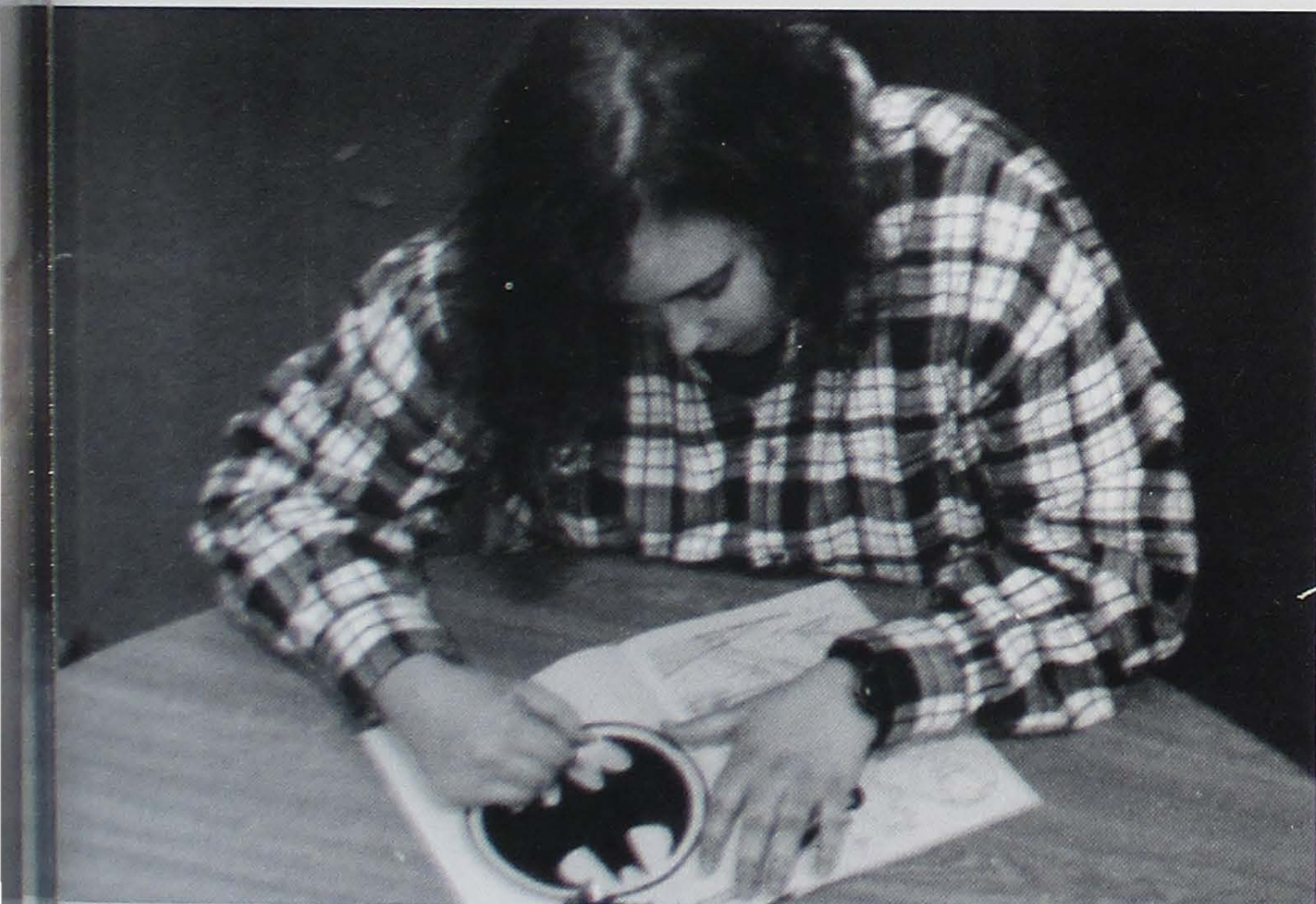


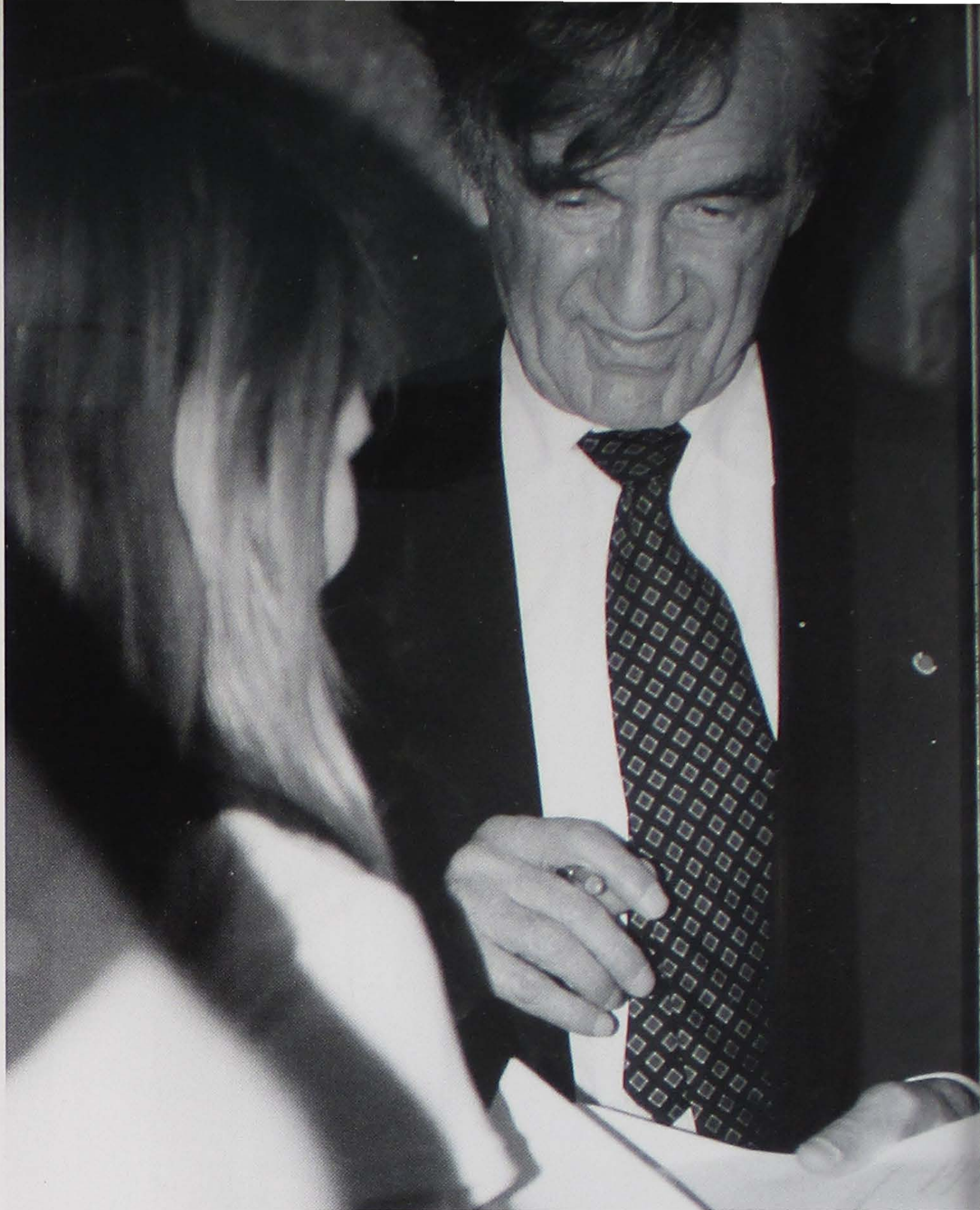
Photo by Ellie Palmas



Fresh. Aaron Greving



Junior Jennifer Peyser gets the autograph of Holocaust survivor and Nobel Prize winner Elie Wiesel. The school sponsored a trip to Sioux City to hear the author speak at Briar Cliff College. "I spent eight hours on the bus to hear him speak for two hours, but I would have travelled twice as far to hear him speak half as long," Peyser said. (Photo by Jessica Pohlman)



Senior Steven Chang rides senior Symantha Miller's pony Tucker at an Honors English 12 picnic at teacher Keith Carlson's farm. The classes had a picnic in the fall and the spring to share poetry. "The picnics were a neat way to meet people and talk about poetry," Chang said. (Photo courtesy of Sara Stolmeier)

Juniors April Wright and Leah Rudolphi look at sculptures at the Art Institute of Chicago. Students in AP Western Civilization and art took a two-day trip to Chicago in January to visit the museum. "The museum was really cultural. There was art from all over the world. The trip was a good way to learn about other cultures," Wright said.



Photo by Gretchen Guffy



Sophomore Todd Schweikert

## 158 Unique Class Activities



# BEYOND LECTURES

by Naila Meyers

Sitting in desks, listening to lectures and taking notes can become monotonous for restless students. Fortunately, many classes provided opportunities to learn in unique ways.

Honors English 12 classes exchanged poetry books with 8th graders from local elementary schools. "My 8th graders and I hit it off right away. We talked about poetry and feminism. When the third graders came to our school, Elizabeth and Jillian made fun of the boys in my class. I didn't even tell them to," senior **Phoebe Silag** said. Some classes, like Anthropology, did special projects. "I went to Minburn for my small town project. I met a 92-year-old veterinarian who worked on my grandparents' livestock. It was neat to meet people who knew

my family," junior **Ryan Kelly** said.

Many activities related to real life. Child Development and Adult Living classes learned about child rearing by caring for mechanical babies. "The baby started crying while I was driving and I

had to pull over. I had to find a babysitter when I had cheerleading. My mom wasn't very happy about that," senior **Carisa Ripley** said.

Sophomores looked into the future during Career Day. "I shadowed a drama teacher. I got to see how monologues should be delivered professionally and how you

can put on a scene with no scenery," sophomore **Katie Geha** said.

By going outside of the classroom, many Ames High students experienced a new kind of learning.

"When the third graders came to our school, Elizabeth and Jillian made fun of the boys in my class. I didn't even tell them to." -- senior **Phoebe Silag**

Honors American Literature  
• Honors English 12 •  
Drama • Web • Basic Composition • Sociology • Anthropology • U.S. History • U.S. Government • AP Western Civ. • World Issues  
• Algebra I • Geometry • Trigonometry • Survey of Earth Science • Honors Biology • Health • Survey of Chemistry • Physics • Spanish III • French II • Business Law • Keyboarding • Marketing Ed. • Drafting • Drawing • Concert Choir • Computer Applications •

"Mr. Carlson's class is the only class in which Lady Macbeth is referred to as the panting Lady Macbeth."

--senior **Sarah Chaplin**

"Sometimes Miss Anton lets us teach the class and lead the discussion."

--freshman **Nick Peterson**

Seniors Emily Silet and Chris Allen compile the surveys for their Social Psychology project. Social Psych students were assigned research projects of their own choosing. "The research project was my favorite part of the class because it gave us the freedom to do what we wanted with who we wanted," Silet said. (Photo courtesy of Emily Silet)



Senior Carrie Christianson



Advanced Composition • Survey of American Lit. • English 9 • Perspectives in Literature • English 10 • Sociology • US History • Anthropology • World Studies • Earth Science • Health • Biology • Physics • Chemistry • Survey of Physics • French I • Spanish I • Spanish II • Spanish III • General Math • Algebra II • Formal Geometry • Keyboarding-Word Processing • Business Law • Auto Mechanics • Adult Living • Print Making • 3-D Art Sculpture • Consumer Math • Band • Orchestra •

"Mr. Forssman helped me create golden ideas so I can use them in everyday life."  
—sophomore Josh Kohrs

"In Mr. White's anthropology class, I learned a lot about old people and cave dudes."  
—junior Dan Zimmerman

Enjoying some free time, seniors Ujjaini Mitra, Sonia Panigrahy, Emily Myers, Tuhina Dayal, Abby Whitt and Carrie Christianson have some fun posing at the Alcazar fort during their trip to Spain. (Photo courtesy of Ujjaini Mitra)

Freshman Emily Richey



160 European Trips

# OVERSEAS ADVENTURES

by Umar Mujeeb

Going to a new place can be very exciting and interesting. This year many students traveled to Spain, France and England, where they saw exquisite sights and met new and "interesting" people.

"I was getting ready to take a picture of Le Palais Royal, a man we now refer to as 'The Schmacker' came up and hit my camera in my face," senior **Emily Silet** said. "This did not give us a good impression of the French, but most everyone else was impressed that we spoke French and they were all very helpful."

Students who travelled to France and Spain for two weeks got the chance to meet many people touring their respective countries and staying with host families. "I had a terrific time in Spain," senior **Ujjaini Mitra** said. "I learned a lot

about their culture and got along great with my Spanish family."

Besides the foreign language trip in the spring, history teacher Kirk Daddow annually takes a group to Europe in the summer.

"I had a terrific time in Spain. I learned a lot about their culture and got along great with my Spanish family." —senior **Ujjaini Mitra**

"Having Daddow on the trip was really neat. He could tell us what to look for on tours and museums and give us background on the tour guide over the years. He looked like the tour guide," senior **J.C. Ellis** said. "I thought the most interesting part was when we sat in the Pazzi Chapel and knew that Sir Kenneth Clark had been there, too."

In the end their adventures had to come to an end; however, they all learned something new about people, places and themselves.







Peeking through a small arch, seniors Emily Silet, Bree Shields, Heather Kliebenstien, Abbe Shapiro, and Noelle Padgitt take a moment to enjoy the beauty of Le Pantheon in Paris. (Photo courtesy of Emily Silet.)



The Ames High group on Mr. Daddow's European trip pose in front of the Leaning Tower of Pisa in Italy. Pictured are Matthew Mauk, senior J.C. Elbert, junior Drew Hamilton, sophomore Kari Frizzel, and junior Brent Antisdell gather for a group picture. (Photo courtesy of J.C. Elbert.)

Juniors Jennifer Peyser, Travis Nichols, Michael Morain, senior Abbe Shapiro, junior Brian Good, and seniors Noelle Padgitt, Bree Shields and Emily Silet take time out from their busy tour schedule to have some fun at a playground in Paris. (Photo courtesy of Emily Silet.)



Sophomore Mike Downs



Seniors Alan Hardy, Melissa Goehring, Russian student Anna, and seniors Kathy Loveland and Alicia Ackerman stand in front of a statue in Moscow, Russia. Anna was Goehring's host sister.



Getting a taste of "American" culture, Natalie Schmahl has lunch at Stella's Blue Sky Diner in Urbandale. She was hosted by senior Naila Meyers.

Seniors Cassie Clyde, Kristina Hawbaker and Melissa Goehring took a trip up to Bascilia, Russia during their exchange.



Senior Rick Morrison





# NOT JUST THE SIGHTS

by Audra Slocum

Oooh, the sights they did see! Red Square. St. Basil's. Cologne Cathedral. The Rhine River. Pisa State's Campanile. Iowa's state capitol. Not all of these may be on Ames High students' list of great places to go to, but for those on the Russian or German exchange, these were part of their adventure.

The journey began in February for the ten students participating in the Russian exchange. The Russian students arrived here for their three week

The second part of the exchange took place April sixth to twenty-sixth when the Ames students were hosted by students in Moscow, Russia.

"When we were getting ready to go, we were told about all the things that would be so different, but really, I found that they aren't very different," senior **Melissa Goehring** said. Goehring was a participant in the Russian exchange. The German exchange with Wulfrath, Ger-

many is in it's eleventh year. Twenty juniors and seniors were hosted there from February twenty-seventh to March sixteenth.

Seeing what each culture thought was interesting about the foreign country was a fascinating part of the exchange.

"They [the German exchange students] laughed when we said the [Iowa] capitol building is old. For them, old is six hundred years," junior **Melissa Lemkuhl**.

An exchange trip offers more than a regular foreign language trip. Many students have found that living with a family and then in turn hosting for them is long enough to become a part of their family.

"Christina was, for me, more than a just a sister or a friend.

She is such an incredible person," senior **Symantha Miller** said.

More important than the sights, are the relationships the students made and the cultural barriers that have been overcome.

"They laughed when we said Iowa's capitol is old. For them, old is 600 years," - Junior **Melissa Lemkuhl**

Survey of American Literature • Honors American Literature • English 9 • Honors English 12 • Discussion and Argumentation • World Literature • Freshmen ELP • U.S. Government • AP Western Civilization • World Studies • Algebra I • Trigonometry • Geometry • Survey of Biology • Chemistry • Survey of Physics • Earth Science • Physics • German I • Spanish IV • Spanish II • Business Law • Word Processing • Keyboarding • Foods I

"Because my Spanish IV class knew the basics of the language, we were able to study the culture of hispanic countries."

-senior **Sam Grotewold**

"Chemistry was a class I always looked forward to. I will never forget the Flaming Cheeseball Lab."

-senior **Nicole Achter**

Senior Austin Payne, junior Melissa Lemkuhl, and seniors J.C. Elbert, Michelle Roberts, Evan Jeffery and Naila Meyers study an ancient building in Zons, Germany. The exchange group spent the day walking through Dusseldorf and the countryside.



Soph Gary Eaches



British Literature • Intro to Journalism • English 9 • Basic Composition • Survey of American Literature • Honors U.S. History • World Issues • Anthropology • U.S. Government • World Studies 9 • Trigonometry • Geometry • Algebra I • Honors Biology • Physics • Honors Chemistry • Earth Science • Physical Science • Health • German III • Spanish I • French III • Keyboarding • Architectural Drafting • Photography I • 2-D Art • Freshmen Choir • Modern Dance • P.E. • Freshmen ELP

"In government Mr. Versteeg expanded into other forms of media like computer simulation."  
—senior Noëlle Padgitt

"On the last day for seniors, Mr. Hartman showed us pyrotechnic experiments. In other words, he blew things up. It was the best day of Honors Chem. all year"  
—junior Jon Titus

Junior Lindsay Peters talks with Michael Gartner, the editor of the Ames Daily Tribune, after his session. Gartner spoke about the responsibility of the media in his session, "The Power of Words." "He said a lot of things I didn't agree with, but I learned about the different ways people see a situation," Peters said.

Sophomore Brett Bumgarner



## 164 Unity Day

# UNITED WE LEARN

by Naila Meyers

Walking the halls of Ames High, students see people of different races, religions, hair styles and political preference. On November 8, 1995, the Human Relations Committee devoted an entire day to learning about and understanding our differences.

"The purpose of Unity Day was to realize that although there are many different races, cultures, backgrounds, religions and experiences that they all contribute to our community and the world as a whole," senior **Amalia Smith** said.

Unity Day 1995, "Seasoning the Soup," featured 35 sessions from which students could choose four to attend. The sessions ranged from watching "Schindler's List" and listening to a Holo-

caust survivor to learning about different religions. Local speakers shared their experiences living with AIDS, homelessness and disabilities. Organizations provided speakers on current issues like harassment,

poverty and teen suicide.

"My favorite session was 'My New College Roommate' because college life is an experience we will have," sophomore **Katie Finn** said. "The session gave us a chance to learn about experiences firsthand instead of reading about them in a book."

Most students agreed that Unity Day was a success.

"I became more aware of other ways of life. I realized the distinguishing qualities that make us unique," freshman **Spencer Mickelson** said. "I really respect speakers for what they've done."

"The sessions gave us a chance to learn about experiences firsthand instead of reading about them in a book" - sophomore **Katie Finn**





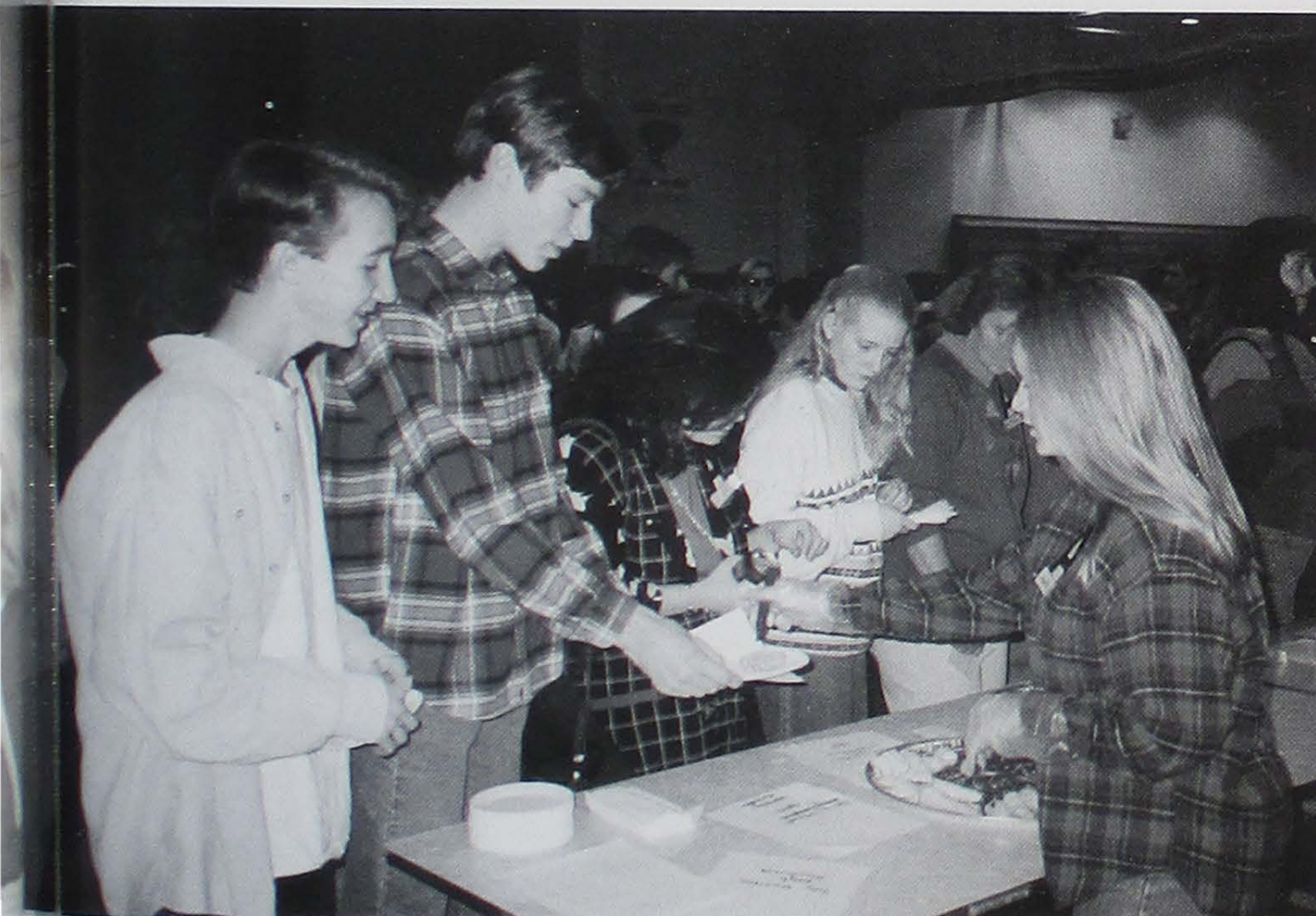


Junior Annie Butin talks with a man at a table at the International Food Fair. The Food Fair allowed students to sample foods from all over the world during lunch. "It was all so good that I stole three extra lunch tickets so I could sample all the cultures," Butin said.



Students listen to Officer Dave Arkovich of the Ames Police at a session about hate crimes. Arkovich discussed the presence of hate crimes in Ames and engaged in a discussion on the subject. "I found Officer Arkovich very informative. Hate crimes are a controversial issue, so there was some interesting discussion," sophomore Mark Anderson said.

Junior Jennifer Peyser dishes out International snacks to junior Alan Hertz and freshman Stephen Peterson at "Taste of Ames." Students were given tickets of two or five punches to try the different dishes. "There were so many interesting things there. I wish we could have had more," Hertz said.



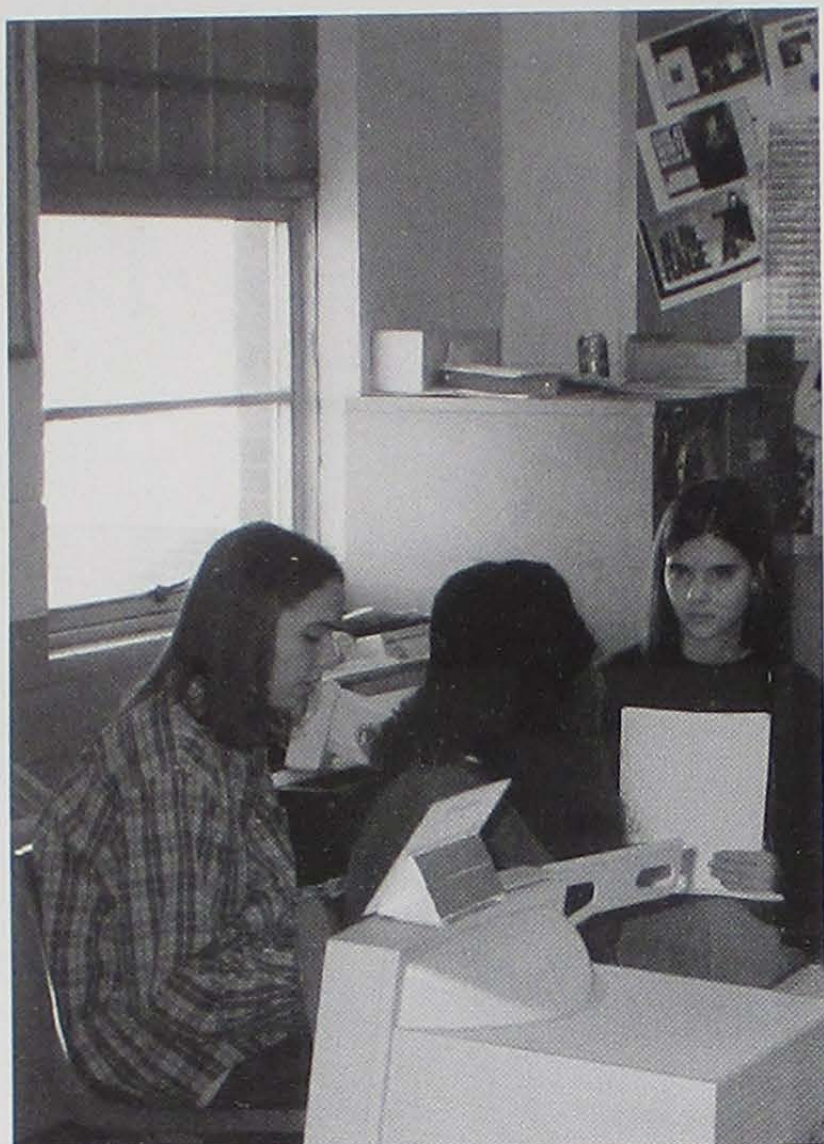
Photos by Nicole Achter



Senior Allison Hefley



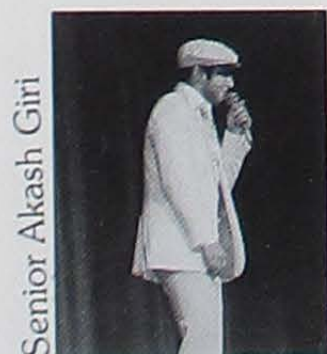
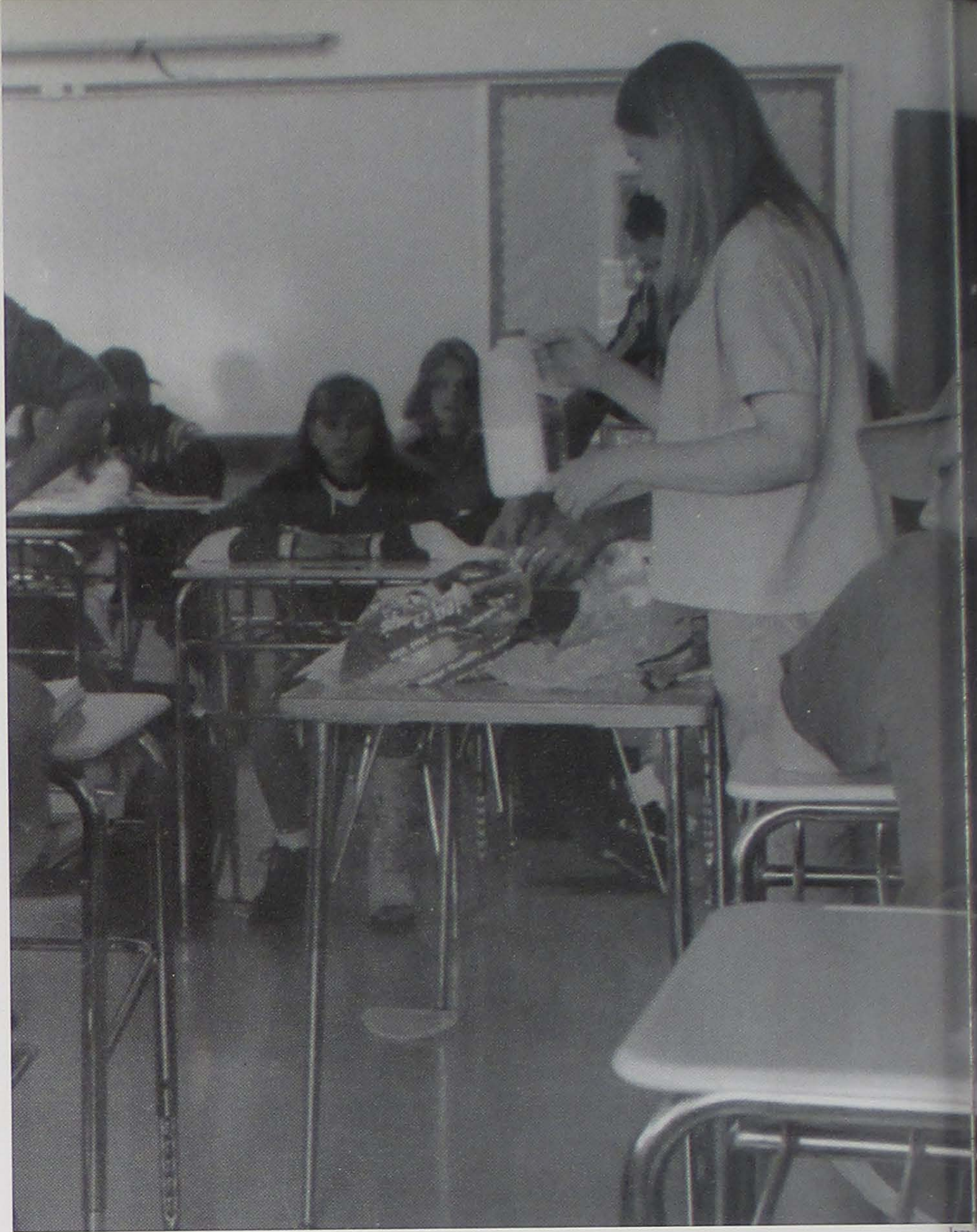
During a Spanish party, sophomore Lori Olson demonstrates to the class how to make a licuado de banana, or a cold banana drink. Students were asked to bring various Spanish food to parties throughout the year. It gave them a chance to experience part of the Spanish culture.



Darin Johnson

As another deadline draws near, senior Phoebe Silag, sophomore Katie Geha, and senior Gretchen Guffy concentrate on finishing surveys for the *Web*. Even though being a member of the *Web* staff did cause added stress, seeing the final product always made it worthwhile.

During Honors English 12 seniors Chris Meyer, Symantha Miller, Emily Peck and Sarah Hagge present a Greek play to the class. Every member of the class was required to present a play with their group during the Greek Unit.



Senior Akash Giri



# CLASSIC CLASSES

by Umar Mujeeb

Having a favorite class can make school seem less aggravating. Some teachers taught topics that intrigued the students and made class more interesting. Other teachers used new teaching techniques and had a large influence on their students.

"My all time favorite class at Ames High was Honors English 10 because I had three outstanding teachers: Mr. Sten, Mrs. Rowley, and Mr. Forssman," senior **April Goodwin** said. "I learned a lot but I also enjoyed the homework and the time I spent in class. It was incredible."

Projects and presentations did contribute to a student's work load, but they also added variety to a normal day of classes. "I really enjoyed Mrs. Woodman's Spanish I class," freshman **Nick Rahfaldt**

said. "We did a lot of skits during the year to learn Spanish."

Sometimes teachers gave students information that they could never learn anywhere else but in their class.

"The coolest class is definitely A.P. Western Civ. Where else would you learn that Adolf Hitler was a sexual deviant?" junior **Nishant Parulekar** said.

Some teachers didn't have to go to unconventional means to teach. Some students were just really interested in learning.

"I enjoyed Honors Biology because it expanded my horizons in science and beyond," sophomore **Devashis Roy** said.

For every kind of student there was a class that they either enjoyed or found interesting.

"I enjoyed Honors Biology because it expanded my horizons in science and beyond." -- sophomore **Devashis Roy**

Drama • Honors English 10 • Earth Science • English 9 • Basic Composition • Auto Mechanics I • Project Success • German I • Health 10 • Freshmen ELP • Biology • Band Lessons • Honors Chemistry • 4-D Media Art • AHS Yearbook • P.E. 9-10 • US History • Vocal Lessons • Geometry • French II • Advanced Algebra • 2-D Art • Keyboarding • World Studies • Spanish I • Creative Writing • Survey of Physics

"In English Mrs. Campbell makes you write papers where you can't use linking verbs. It's very challenging."

--soph. **Jessica Netolicky**

"I want to be a doctor someday and Health class provides good background for that."

--soph. **James Taylor**

During a biology class students feel the need to party. Their teacher, Mr. Schmaltz, had just left the room. Sophomore Nick Sampson gives a thumbs up while sophomores Evan Menzel, Adam Todd and Matt McCarley chill out. "When Mr. Schmaltz is gone, it's time to party," sophomore Evan Menzel said. (Photo courtesy of Evan Menzel)



Soph. Steven Townsend



Football • Cross Country •  
Swimming • Volleyball •  
Cheerleading • Basketball •  
Wrestling • Hockey • Track •  
Golf • Tennis • Soccer •  
Baseball • Softball • I-Ball •  
100th Green Butterfly • Key  
Club • Play Practice • Scratch  
Pad • Debate • Speech Club  
• Mock Trial • Model U.N. •  
Human Relations • Amnesty  
International • SADD • Sci-  
ence Bowl • Science Olym-  
piad • Drivers Ed • Work •  
Youth Group • Homework •  
Piano lessons • Nap • Snack  
• Weights • Baby-sit • TV •

"After school I hang out with Corey Beck and play Mortal Kombat."

—junior **Marc Scholten**

"I look forward to the 8th period bell because it means I'm one day closer to graduating."

—sophomore **Bri Magel**

Sophomore David Cheney presents his Honors Biology project on mountain gorillas, which he created using Hyperstudio. All of Mr. Gibbons' students were required to make a video or a computer program with Hyperstudio or Powerpoint. Honors Biology was one of three honors courses offered to sophomores. (Phot by Naila Meyers)

Senior Dion Harmon



# USING OUR HEAD

by Naila Meyers

Our school motto isn't "Ames High, Aims High" for nothing. Ames High was ranked as one of the top ten school in the nation and its students raked in the awards.

Every year many students in tenth through twelfth grade take honors and Advanced Placement classes. The school offers these courses in English, math, biology, chemistry, history and computer science. "Honors classes are worth the challenge, especially if you're lucky enough to see Mrs. Campbell in her bathrobe through the mail slot at midnight," junior **Jennifer Peyser** said.

Students with special skills in an academics often participate in contests. The Science Bowl, Science Olympiad, Math League and Knowledge Bowl won state

competitions. Some teams went to nationals; Odyssey of the Mind went to World Championships at Iowa State. "Contests are a challenge. There are some really smart people out there and it's hard to compete against them," sophomore **Josh Lapan** said.

Many students were recognized for their achievements. It is not unusual for the AHS Honor Roll to take up an entire page in the Dubuque Tribune. 36 Ames High students were recognized for National Merit and many juniors and seniors received Academic letters. "Recognition is rewarding because after working hard in school,

"Recognition is rewarding because after working hard in school, it's kind of nice when someone notices." —senior **Michelle Roberts**

it's kind of nice when someone notices," senior **Michelle Roberts** said.

Taking on the challenge of Ames High helped students aim high and reach their goals.



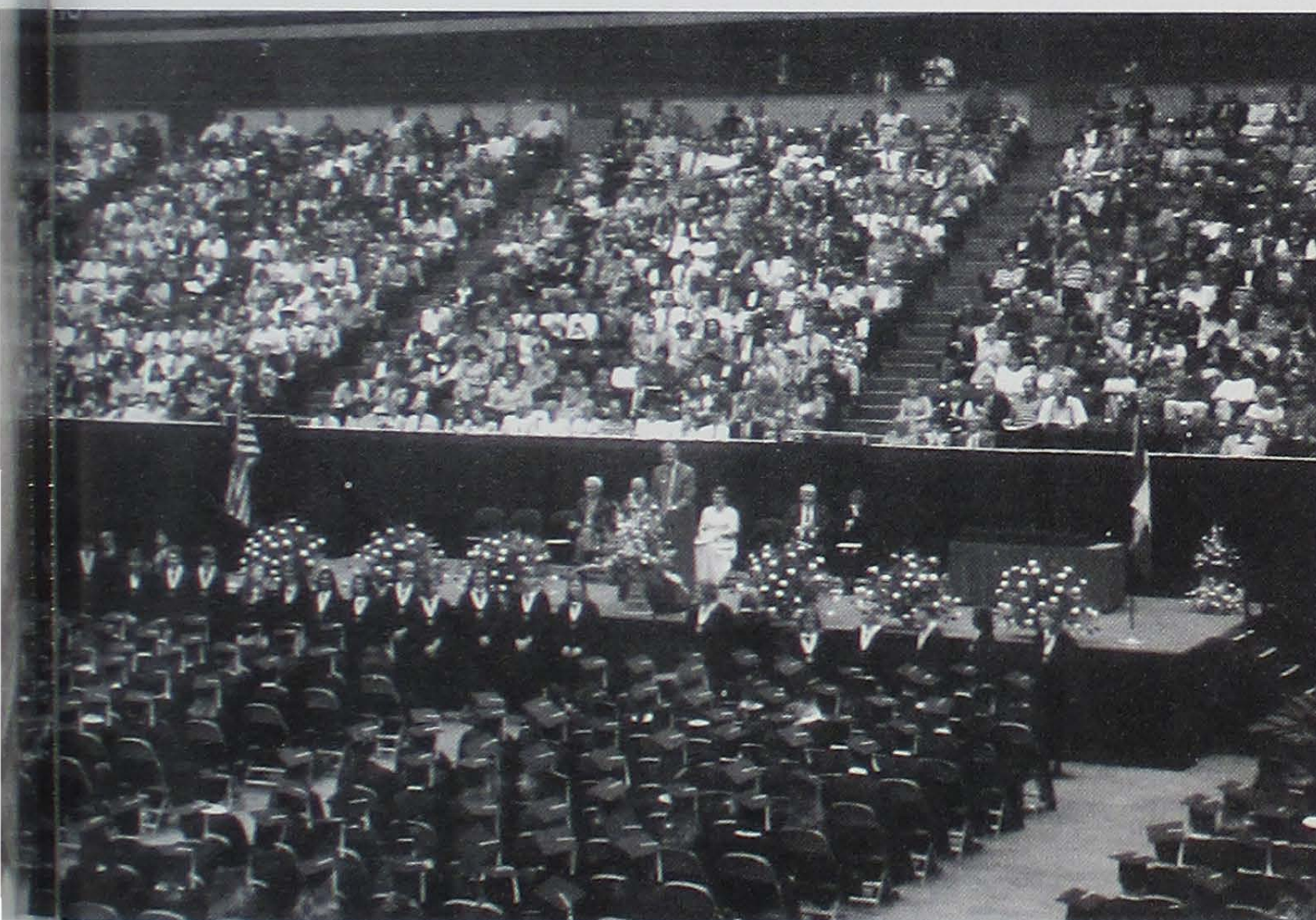




Seniors Andrea Hugdahl and No Ile Padgitt roast their teachers and fellow students as part of the Honors Banquet. The Honors Banquet honored the top ten percent of the 1996 graduating class. (Photo courtesy of Naila Meyers)



The Drake Physics Trophy is back at Ames High. Senior Evan Jeffrey scored the highest in the state on the Drake Physics Exam, bringing the prize back to AHS after a one year absence. (Photo by Darin Johnson)



The 1996 graduates of distinction stand before their class during commencement. Twenty seniors maintained at least a 3.9 GPA throughout their high school career to earn the honor. The students received medals for their achievement. (Photo courtesy of Audra Slocum)



Freshman Shannon Floyd





Enjoying homemade pasta during a weekly Spaghetti Club, members of the Girls Cross Country team talk a





Nicole Achter

P

people. **Freshmen** – 177 Males. 190 Females.  
**Sophomores** – 189 Males. 178 Females.  
**Juniors** – 163 Females 180 Males.  
**Seniors** – 152 Females. 165 Males. The 1995-96 Freshman class had **395 students** enrolled. The 1995-96 Senior class had **355 students** enrolled their freshman year, 1992-1993.

ha fun.



Katherine Acker  
Robert Adams  
Babatunde Agbaje  
Sailesh Agrawal  
Anthony Albuagh  
Christopher Alcott  
Anne Allen  
Bryan Allen

Robert Allen  
Catherine Anderson  
Kayla Anderson  
Rachel Anderson  
Taylor Anderson  
Luis Andrade  
Ruth Appleton  
Sara Antion

Julie Avey  
Lewis Ayers  
Jafar Azmayesh  
Divya Bahadur  
Alexander Baldanz  
Matthew Balfanz  
Sarah Bappe  
Sarah Bates

Ryan Beeman  
Andrea Beisser  
Tiffany Belz  
Christine Benson  
Jeremy Berg  
Theresa Berkley  
John Bessman  
Erin Bilyeu

Beau Biskner  
William Bivens  
Karsten Blackwelder  
Steven Block  
Candace Bochmann  
Lucrece Booth  
Carianne Bouillon  
Greg Bowles Jr.



## A fresh start

by Caity Birmingham

"It's crowded," freshman **Baba Agbaje** said, "people drive cars, oh, and it's lockers all over the place."

Whatever the first impressions were, freshman went through many new experiences this year.

Some freshmen really enjoyed this change and liked the new atmosphere.

"You are more free," freshman **Kade Eckley** said. "You can do what you want to do."

However, more difficult classes, the bigger area and

simply adjusting caused problems for some freshmen.

"The classes are harder; they expect more out of you," freshman **Julie Hinrichsen** said.

Freedom and harder classes were just the beginnings of a new existence at Ames High. **Katherine Harker** summed it up best when she said, "Interesting faces, interesting places, more variety."

Ninth grade is a big change that all students must go through and it certainly had its ups and downs.



Impressions are different for each person. Arriving at high school for the first time can be extremely stressful. Freshman Willa Wentzel sums up first impression of Ames High in her facial expression. "Oh God, not four more years of this," Wentzel said.

Sophomore Sarah Helmar







Andrew Brodie  
Andrea Brown  
Christopher Brown  
Rodney Brownlow  
Daniel Bryant  
Andrew Buck  
Sarah Burgher  
Cody Burns

Garrett Burrier  
Bridgette Campbell  
William Carey  
Adam Carlson  
Jennifer Carpenter  
Justin Carroll  
Abbey Carter  
Hsun Wen Chang

Shara Chapman  
Roosevelt Chestnut Jr.  
Michael Chimenti  
Stacey Chung  
Kristen Clark  
Matthew Cleverley  
Ryan Cline  
Jess Clyde

Meisha Colbert  
Natalie Cornwell  
Jason Crawford  
Leslie Crawford  
Gokcer Daricilar  
Matthew Denner  
Cara Dennis  
Troy Devens

Johanne DeWinter  
Adam Diesburg  
Jeffrey Diesburg  
Eirk Distler  
Sally Dobberke  
Hannah Dobbs  
Amber Dodge  
Nyanda Donaldson

Adam Doran  
Michael Doran  
Brenna Dougan  
Kathleen Doyle  
Matthew Drottz  
Emily Duffelmeyer  
Stacie Dunlap  
Meagan Duple

Kade Eckley  
Christopher Egenberger  
Alayna Ellis  
Brighton Engeman  
Jessica Ensley  
Michael Ewalt  
Joshua Faas  
Parsa Fattahi

Daniel Fernandez-Baca  
Shannon Floyd  
Adam Forney  
Matthew Fowles  
Erin Fox  
Heather Friest  
Cerissa Fultz  
Theresa Ganzer



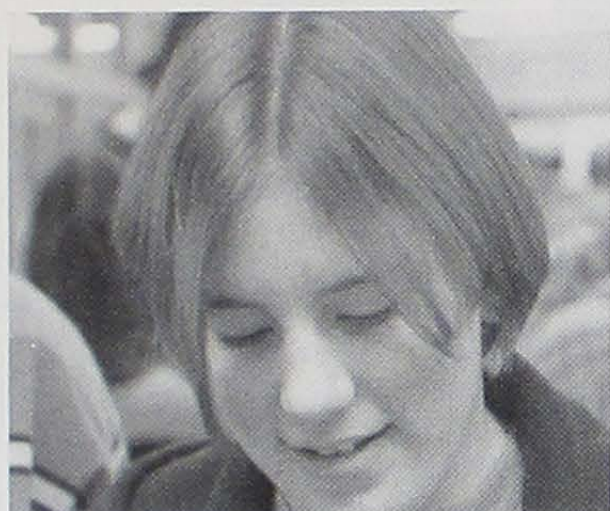
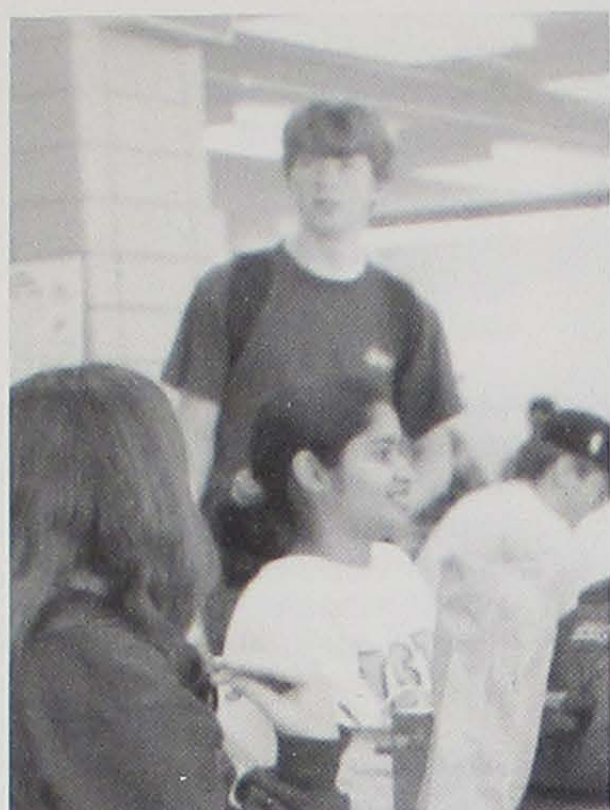
Sophomore Andrea Holst hugs freshman Nathan Troxel in the cafeteria. Troxel said his impression of high school was "Goof off city!"



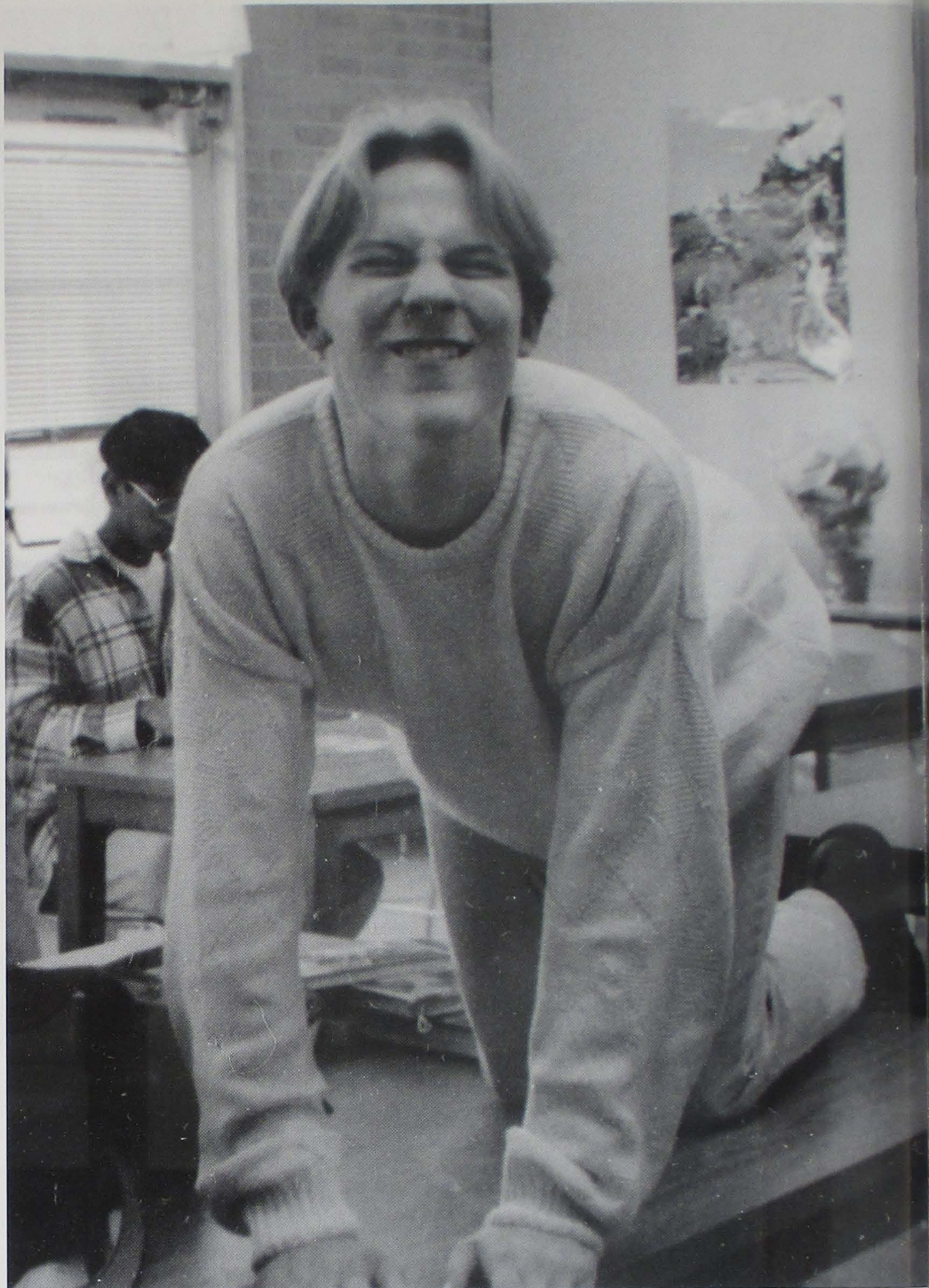
Sophomore Ike Bills



Freshmen Beau Biskner and Ankita Singh finish eating lunch in the cafeteria. Lunchtime can often be a welcomed break from the busy school day.



Freshman Laura Goski eats lunch near Cyclone Express. The counters there have become a popular eating place.



Freshman Jess Clyde lightens-up the atmosphere in the Language study center. The study centers were a new addition to the school last year.

Freshman Agnieszka Pate eats lunch in the cafeteria. She was sitting at one of the newly added circular tables that gave more variety and comfort to the cafeteria.



Junior Jason Lippard







Angela Geer  
Sarah Gemmill  
Claire Gilchrist  
Phillip Gillott  
Nathaniel Ginder  
Jamie Glandon  
Juan Gonzalez  
Laura Goodwin

Laura Goski  
Aaron Greving  
Benjamin Grotewold  
Erik Guffy  
Luke Guthrie  
Jessica Habhab  
Abby Hade  
Abbey Hagert

Raquel Hansell  
Michael Hanson  
Jeffrey Happe  
Amanda Hardy  
Jill Hardy  
Katherine Harker  
Nekoda Harris  
Eric Hauber

Ellen Haws  
Maya Hayslett  
Luke Healy  
Kevin Heiberger  
Laura Heideman  
Lindsay Heilgenthal  
Kimberly Helmers  
Lisa Hepperle

Zachary Herrnstadt  
Jared Hill  
Nathan Hill  
Julie Hinrichsen  
Jeffrey Hitchings  
Amber Hoff  
James Hoffman  
Amanda Holder

## What is your favorite restaurant? Why?



"Valentino's, love the pasta, of course the service is really bad..." —**junior Annie Butin**



"DaVinci's. The ham sandwiches are good." —**freshman Jenny McKay**

"Cafe Lovish, 'cause it has the funkier vegetarian food." —**senior Ted Murdock**



"I like Taste of India, but it screws up your digestion." —**senior Doug Westvold**



Freshmen Laura Heideman and Spencer work on a puzzle during study hall in the Language Center. If students finished their homework early, many games were available.



Freshman Nick Rahfeldt



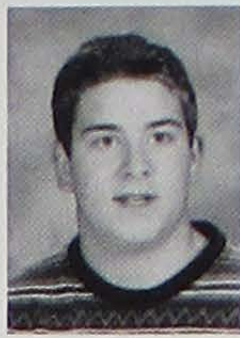
Allison Holm  
Lisa Homsad  
Steven Honeick  
Justin Horn  
Nathan Hostetter  
Eric Houge  
Kevin Huls  
Joni Hunziker



Heather Hurley  
William Ingwersen  
Benjamin Janke  
Dusan Jeftinja  
Brian Jensen  
Joseph Jensen  
Marian Jischke  
Nadia Joannini



Sarah Jones  
Christopher Jutting  
Aryn Kabela  
Amanda Kadolph  
Pooja Kanwar  
Haley Kauffman  
Jamie Kearney  
Hannah Keeling



Dawn Kepley  
Farhouyd Khosravi  
Myung Hee Kim  
Shawne Kingsbury  
Jeff Kinley  
Lauren Kinney  
Sarah Kitchell  
Jane Kloche



Justin Knapp  
Samuel Kolner II  
Brent Koppenhaver  
Lisa Krogmeier  
Pete Kruger  
Brad Larson  
Kristin Larson  
Lucas Lasche



## Looking Back

by Caity Birmingham and Julie Tosten

Looking back through life, many things come to mind. Some things students can't believe they ever did and would probably want to deny it.

"I never understood why everyone wore leg warmers over their jeans when it wasn't even cold enough to need them," junior **Mindy Seals** said. "But I wore them anyway."

"Those striped shirts with the alligators, I never liked those but my mom made me wear them," junior **Josh**

**Watts** said.

How about the music you listened to and the things you did. . .

"Guns 'N' Roses, that was silly. I was at a new school and I had to fit in," junior **Derrick McClain** said.

"I think maybe I repressed the memories," freshman **Emily Olson** said.

Looking back on this book, students may see themselves in pictures, see the things they said and all they will be able to do is nod their heads and say, "Those were the days."



Here, senior Mike Popelka poses at Homecoming. He later said the most regrettable thing he ever did. "I checked out 'Slayer: The Decade of Agression' from the Public Library in ninth grade."

Junior Jean Glendon







David Lastine  
James Lebrun  
Ki Lee  
Robert Linahon  
Amber Ling  
Jill Lippard  
Sarah Lochray  
Nathan Long

Jeffrey Longman  
Staci Lowman  
April Lubow  
Ariel Lundy  
Patricia Lustgraaf  
Nicholas Mabe  
Micah MacDonald  
Pamela Madsen

Kevin Marasinghe  
Elizabeth Maroney  
Andrea Martin  
Lacey Martin  
Michelle Maxwell  
Erin Maysent  
Heidi McElroy  
Heather McElvain

Julia McFarland  
Keary McHugh  
Jennifer McKay  
Molly McNertney  
Spencer Mickelson  
Ross Miller  
David Miller  
Samuel Miller

Joel Minion  
Beth Miskimins  
James Mitchell  
Rommy Mohamed  
Kaye Montgomery  
Courtney Moore  
Janel Morz  
Keytrick Mosley

Ronindra Mukerjea  
Erin Muske  
Nicholas Myers  
Paul Myers  
Robert Myers  
Brandon Neff  
Elizabeth Nelson  
Marshall Newman

Jenifer Newton  
Hop Nguyen  
Mandy Noll  
Meagan Norlin  
Jennifer Norris  
Timothy Noxon  
Sarah Nutter  
John O'Connell

Chidi Okere  
Emily Olson  
Scott Olson  
Sarah Opheim  
Daren Osborn  
Sarah Osmundson  
Melissa Ottoson  
Brian Owens



Sophomores Michelle Marvick and Emily Horst eat in the gym at Unity Day. When asked about an embarrassing thing she's done Marvick said, "In fifth grade, Margo Levine and I wrote this really stupid petition against the teachers pet. Suprisingly though, a lot of people did sign it."



Sophomore Robbie Smalling



Freshman Sarah Lochray in the Orchestra room, practicing the cello. Orchestra is one of many extracurricular activities at AHS.



Annie Gatewood



Julie Tosten

Sophomore Sara Shonrock enjoys a conversation in the hall during passing time. The five minutes between classes can be a good chance to talk with friends about the days events.



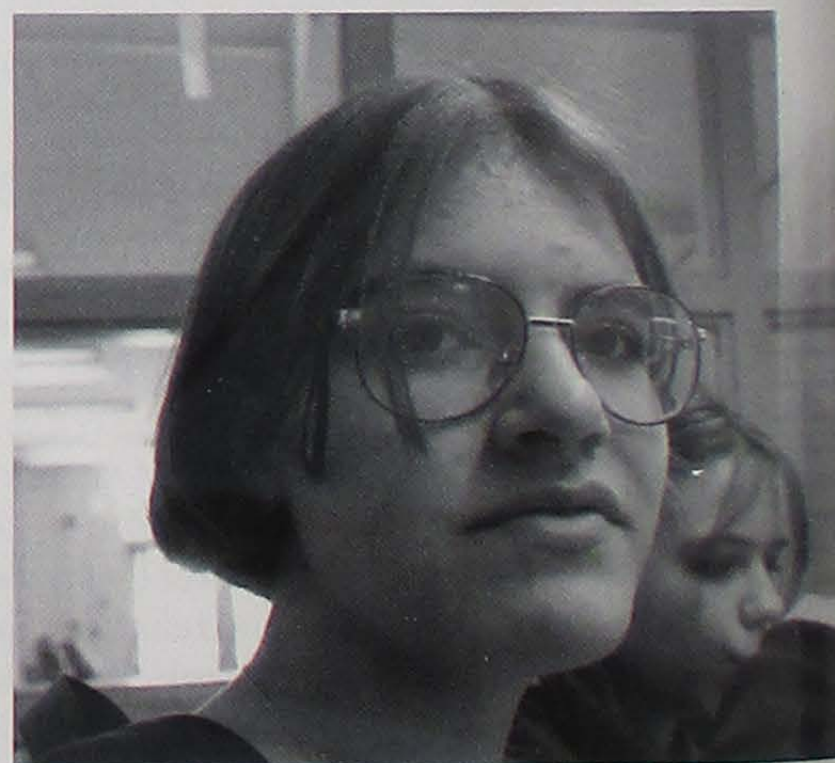
Sophomore Travis Sassman

178 Freshmen



Freshman Willa Wentzel-Fisher has some fun on a lovely snowy day. With such extremes in the weather, no one ever knew what was coming next, but warm days after a big snow were fun for everyone.

Freshman Leslie Crawford eating lunch in the cafeteria near Cyclone Express with friends. With more freshmen this year the new area in the cafeteria proved to be useful.



Jessica





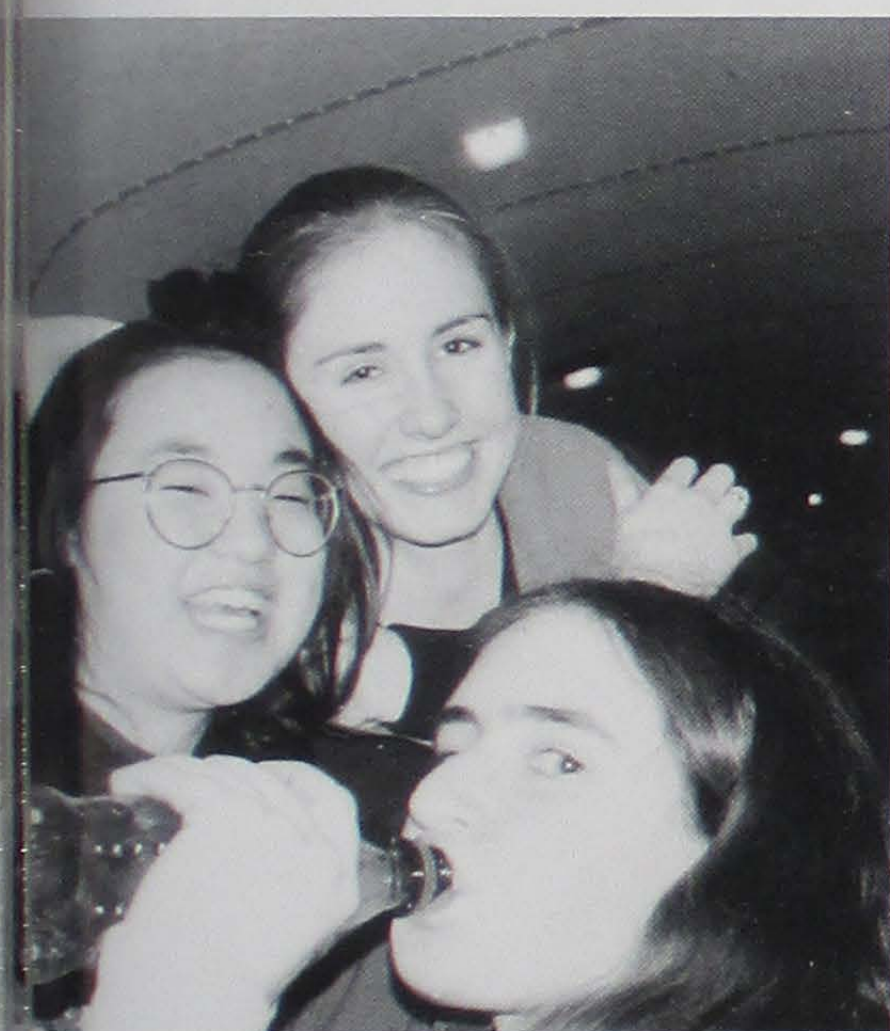
Agnieszka Pate  
Ryan Paul  
Brandi Peacock  
Allan Penner  
Anila Persaud  
Caroline Peterson  
Emily Peterson  
Nicholas Peterson

Stephen Peterson  
Christine Poist  
Megan Popelka  
Thomas Popelka  
Kathryn Polking  
Kyle Poorman  
Allyson Prater  
Erika Prater

Jeremy Quillen  
Kristina Quinn  
Nicholas Rahfaldt  
Rebecca Raines  
Ross Randolph  
Dean Reasoner  
Nealy Rebarcak  
Seth Redmond

Jacob Rhoads  
Emily Richey  
Melissa Ridnour  
Mary Riecken  
Andrew Ringlee  
Claire Ritz  
Adam Roark  
Nicole Rock

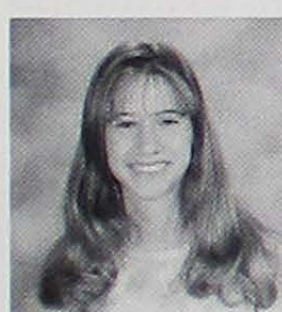
Douglas Roeske  
Cherise Rollins  
Kristi Roosa  
Marie Rosenberger  
Katherine Ross  
Mary Russell  
Amy Saiz



Jessica Pohlman

Fahmen Hanna Dobbs, Eugenia Sig and Leah Theesfield on the bus home from an orchestra concert in Fort Dodge. It's such as this one were a good way to get to know people outside of school.

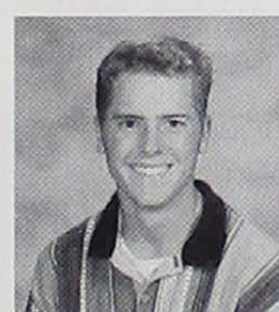
## Where have you been?



"We were at a beach in Hawaii and 30 min. after we left there was a shark attack there." - junior  
**Nicki Paulson**



"Alaska, fourth grade, The sun was up until midnight and then came up again at 2 a.m. We had to tie the curtains shut." - sophomore  
**Katie Bourne**



"The Eiffel tower in Paris, I was 2 but it made a big impression on me. I even got a little statue." -sophomore  
**Jon Olson**

"Adelaide, never hold a koala when your shoulders are sun-burned." - freshman  
**Dusan Jeftinija**



Junior Stacia Rodgers



Carrie Saiz  
Angela Salvo  
Elizabeth Saul  
Kyle Schilling  
Andrea Schniepp  
Neal Schuster  
Liesa Sharpe  
Kayce Shelton



Seth Sheperd  
Yael Shinar  
Michael Shrum  
Skye Shumate  
Joshua Sills  
Shawna Silverthorn  
Jacob Simmens  
Ankita Singh



Naomi Slutzki  
Lisa Smart  
Andrew Smelser  
Heather Smith  
Patrick Snyder  
Eugena Song  
Kathryn Sorensen  
Angelia Sorenson



Danielle Spencer  
Foy Spicer  
Cameron Staff  
Patricia Steffes  
Adam Stegge  
Monica Stevens  
Allison Stoops  
Craig Stotts



Justin Strodman  
John Sullivan  
Joshua Sundberg  
Megan Sweeney  
Brock Swanson  
Todd Tarbox  
Daniel Taylor  
Robert Tchoumanov



## Skipping Out

by Elizabeth Malone and Julie Tosten

Skipping class may seem the worst offense to some, but to others it's a daily occurrence. The hall monitors are ready and willing to catch these skip-pers without a pass.

People skip class for many reasons. "Skipping class is better than sleeping through it," junior **Troy Hofmockel** said.

Some even made false claims to get out of class. "Technically, I've never skipped a class, but I have

faked an illness," sophomore **Kelly Meierkord** said.

Others chose not to skip. "I don't skip class because I'm an exchange student and I don't want to get in trouble," senior **Melissa Rossato** said.

Skipping class may be fun for an hour, but when asked, "Do you have a pass?" the fun could turn into more trouble than it was worth.



Julie Tosten

Junior Nick Meiner studies physics in his free time. "I skip class because when you show up to class you don't get a reward, but when you skip you get punished. For many the consequences of skipping outweighed the knowledge gained by going to class."

Freshman Emily Richey







Andrea Thatcher  
Leah Theesfield  
Rebecca Thomas  
Shawna Thompson  
Nicholas Topp  
Nathan Troxel  
Cory Unga  
Yaacov Vaknin

Brigham Van Auken  
Lisa Van Deusen  
Lydia Van Horn  
Julie Van Slyke  
Christine VanMeter  
Sue Vansice  
Jennifer Veale  
James Vogel

Elizabeth Volkers  
Nathan Vos  
Jaime Voss  
Johanna Wacker  
Kira Wade  
Justin Ward  
Emily Watts  
Tanya Webb

Aaron Weiss  
Elaine Wells-Gray  
Brett Wenger  
Willa Wentzel-Fisher  
Carlie West  
Mark Westerberg  
Devin Wetzel  
Samantha Wheeler

Aaron Wheelock  
Alexander White  
Emily Wiersen  
Heather Wilson  
Kevin Wilson  
Ross Wirth  
Samuel Wong  
Jessica Wray



Benjamin Zargarian



Julie Tosten



Jessica Pohlman

Junior Melissa Kenyon said, "The time our teacher didn't show up for awhile so the whole class left and we all went out for mishakes." It seems this classroom may have seen a similar situation.

Junior Angie Carter studies during her free time. Upperclassmen didn't have to worry about getting in trouble for skipping because they had open campus. Many, though, chose to study in their free time because they simply had no other time to do so.



Senior Megan Stegge



Kris Achter  
Grace Aiton  
Daniel Alfonzo  
Tom Allen  
Aaron Alcott  
Ankur Amin  
Albert Amos  
Joseph Anderson



Katherine Anderson  
Mark Anderson  
Nathan Anderson  
Scott Anderson  
Carolyn Andrews  
Michael Anis  
Nicole Arends  
Michael Arkovich



Melissa Arneson  
Courtney Arthur  
Jenny Barrett  
Hillary Barta  
Shawn Bartholomew  
Christopher Bates  
Loraine Bates  
Mary Baty



Ryan Beck  
Tanner Beck  
Evan Benbow  
Trefor Benbow  
Karen Bennett  
Rachel Best  
Isaac Bills  
Caity Birmingham



Adam Biskner  
Karen Bittner  
Derek Bjelland  
Adam Blazek  
Katie Bourne  
Tracy Bower  
Robin Boyd  
Kindra Brafford



## Shifting Gears

By Elizabeth Malone

Sitting there in the early morning hours, it was hard for students to put their all into Driver's Education Class, yet for those who wanted to get their license before they were 18, it was necessary to go through the agony of it all.

"The class is useless because you already know everything you're being taught," sophomore **Kelly Meierkord** said.

This may be true, but there was a light at the end of the tunnel. The

early mornings and boring classes were a common complaint among students, but getting their licenses was worth it.

Sophomore **Marissa Erickson** summed it up nicely by saying, "It's really boring, but I'll do what it takes to get my license."

Although opinions varied, no matter what students thought of Driver's Education, passing the class was their only option if they were to reach the light at the end of the tunnel.



Annie Gateau

Sophomore **Sarah Hegla** proudly displays her new drive license. "I sacrificed my summer for the perils of driving, but now I am a liberated woman," said Hegla, the proud owner of her very own ticket to freedom.

Junior Paul Henry







Daniel Braun  
Bradley Braymen  
Brett Brinkmeyer  
Ashley Brock  
Andrew Brown  
Robert Buchwald  
Brett Baumgardner  
Amy Bungert

Jacob Burgduff  
Marlene Buss  
Scott Cameron  
Sharim Cardenas  
Travis Cardwell  
Christopher Carlson  
Mindi Carlson  
Jason Carney

Erin Carter  
Richard Chambers  
Jane Chang  
Wen-Chia Chang  
David Chenevert  
David Cheney  
Andy Choi  
Lance Christians

Timothy Christians  
Jeffrey Christianson  
Mike Christianson  
Yu Hsuan Chu  
Jesse Cicotti  
Crystal Clark  
Daniel Clark  
Jason Clark

Sarah Cox  
Andrew Craig  
Barbara Crockett  
Ginny Cronin  
Trisha Dau  
Jamil Davis  
Jamie Day  
Lucas Deardorf

Jedediah DeHoet  
Michael Dirnberger  
Michael Downs  
Thomas Downs Jr.  
Brian Drake  
Ethan Dunham  
Julie Dunwell  
Karl Dyszynski

Gary Eaches  
Jason Eernisse  
Heidi Eickholt  
Howaida El-Khabiry  
Ana Elfgren  
Mark Ellingson  
Ashley Elston  
Amber Engelen

Amber Erickson  
Dana Erickson  
Marissa Erickson  
Carly Evans  
Toluwanimi Fadeyi  
Umer Farooq  
Katherine Finn  
Korto Flomo



Photo by Annie Gatewood

Sophomore Leah Merkley studies clover-leaf interchanges in her before-school Driver's Education class. "Driver's Ed was terrible, but it's worth it to get your license," Merkley said.



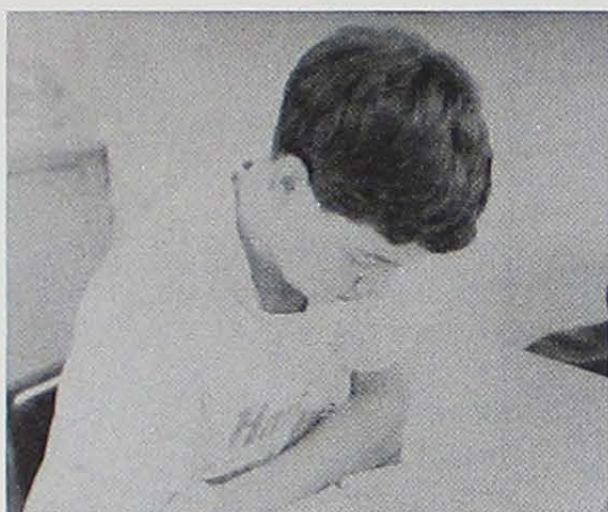
Freshman Neal Schuster



Sophomore Joe Ward listens to his Discman™ during a study hall in the cafeteria. Although walkmans were outlawed, many students used their discmen to get away from the surrounding chaos.

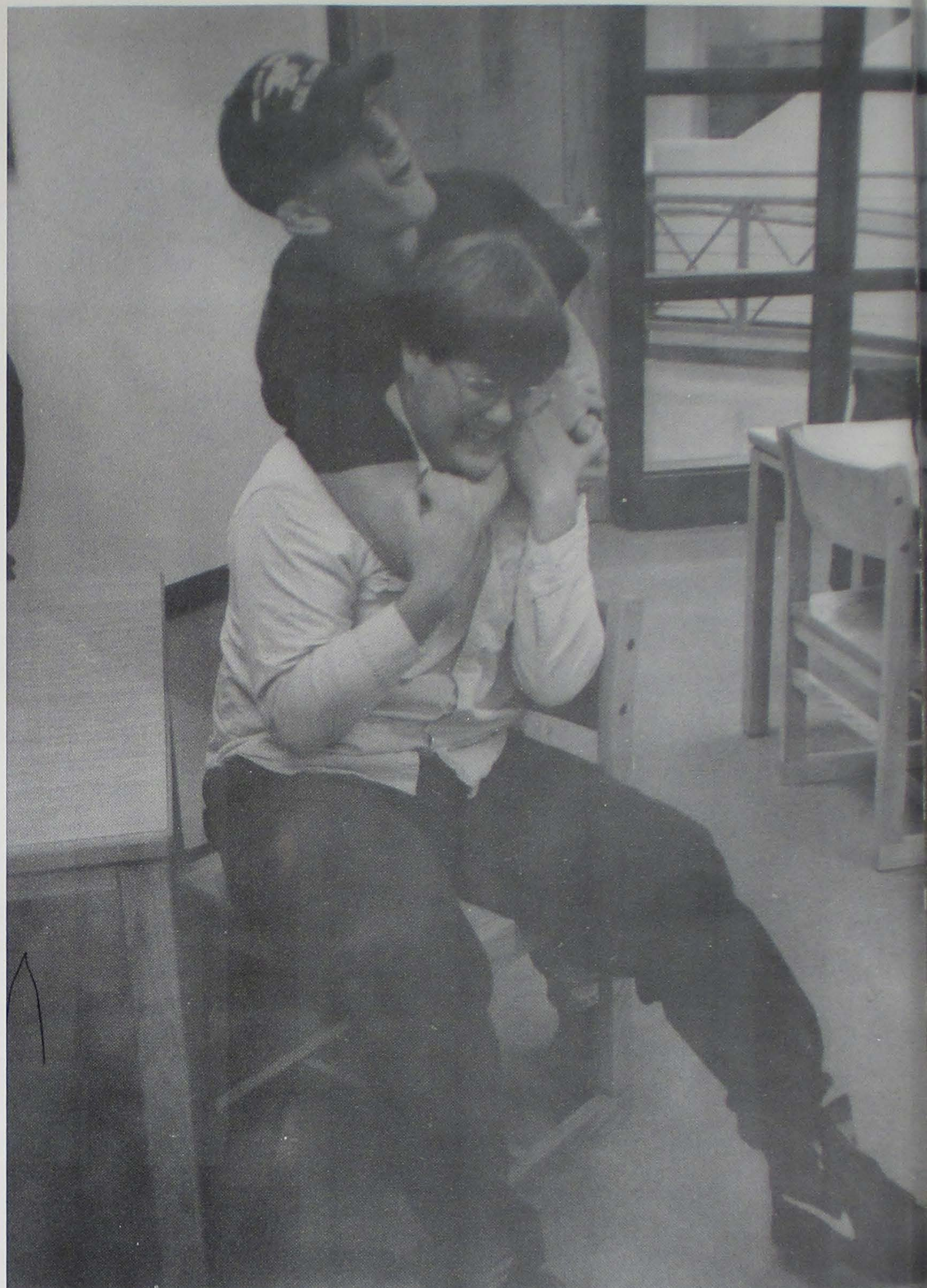


Annie Gatewood



Annie Gatewood

Sophomore Stephen Townsend takes the time before homeroom to study for class. Students used any spare time they had to get in some studying.



Julie

Juniors coped with their toughest year in many ways. Junior Justin Holdgrafer strangles senior Joel Lingelbach in an attempt to retrieve his pencil. Holdgrafer's pencil was returned in the end.

Sophomore James Prescholdt gives a friendly squeeze to sophomore Wendy Magadza. Magadza was having a very stressful day and Prescholdt was trying to brighten it.

Junior Melanie Mickelson



Annie Gat





Yarmah Flomo  
Sara Foderberg  
Brenton Fogarty  
Katherine Friedrich  
Kari Frizzell  
Manisha Gadia  
Andrew Gallahan  
Christopher Gardner

Mark Gardner  
Elizabeth Gardner  
Anne Gatewood  
Katie Geha  
Roosbeh Ghaffarzade  
Charity Gillenwater  
Neda Golchin  
Tonya Goodall

Paula Goyeneche  
James Grant  
Joshua Greenlee  
Kara Greving  
Stephen Griffin  
Andera Gunning  
Brandon Hageman  
Aaron Hegen

Mike Hall  
Elisabeth Hallam  
Kelly Hallihan  
Troy Hamblin  
Holly Hampson  
Keith Hannapel  
Bronklyn Harms  
Arron Harris

Amy Hatten  
Amber Heaberlin  
Sarah Hegland  
Benjamin Heinen  
Sarah Helmar  
Jerry Hiatt  
Stacey Hickcox  
Autumn Hickman

## What is your favorite movie and why?



Julie Tosten

Senior Mindy Seals shows off her incredible marker trick while trying to avoid studying for homework. Many students found interesting ways putting off their homework.



"Dracula, because I like scary movies with exciting chills and thrills."  
—freshman Lisa Hepperly



"Trading Places, because Eddie Murphy is the man."  
—sophomore Kyle Youngberg

"The Wall, by Pink Floyd, because it's just so deep and meaningful, and it's cool."  
—junior Nick Propes



"Peter Pan, because I have always wanted to fly"  
—senior Amalia Smith



Sophomore David Luo



Bjork Hill  
Andrea Holst  
Emily Horst  
Elisabeth Hoyt  
Tanner Hronek  
Daniel Hummer  
Sara Hurgurgh  
Jamie Huss



Janell Hutchison  
Brock Hutson  
Kyung Hyun  
Ann Jacobson  
Natalie Janssen  
Ryan Jefferey  
Meleah Jensen  
Chad Johansen



Karl Johnson  
Robert Johnson  
Brenda Jones  
Tina Jung  
Aaron Katz  
Melissa Kauzlarich  
Carrie Kearney  
Richard Keeling



Emily Kell  
Zachary Keller  
Amy Kelso  
Khamisai Kiojai  
Melanie Kjartanson  
David Knapp  
Stephanie Knopp  
Joshua Kohrs



Carolyn Krajeir  
Carlene Kurschinski  
Kim Kyung Hee  
Kassie Ladely  
Adrienn Lanczos  
Joshua Lapan  
Chad Larson  
Jessica Larson



# Politics

By Elizabeth Malone

While many Ames High students did their best to stay away from the world of politics, others tried to keep up with the latest events in our nation's capital.

"I'm a Democrat, because all Republicans care about is bettering their own class," freshman Emily Olson said.

Other students were swayed by the views of their families.

"I'm a Republican because I've been influenced by my parents' choices," junior Dana Doran said.

Some students saw things from more than one point of view.

"I agree on certain issues from

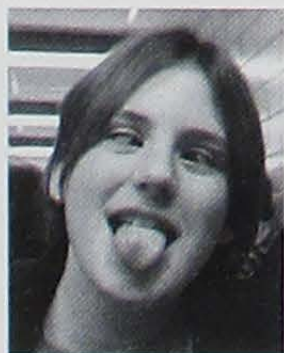
both sides, but I don't like to label myself Democrat or Republican," junior Derrick McClain said.

Sometimes things like political views needed to be put in perspective.

"Democrat and Republican are only labels that tell only one very small facet of a person's character. People's ideas and actions tell how good a person is," sophomore Andy Choi said.

Some placed themselves in one political group or another, while others chose to stay away from the labels that many associated with certain political groups.

Freshman Laura Goeske



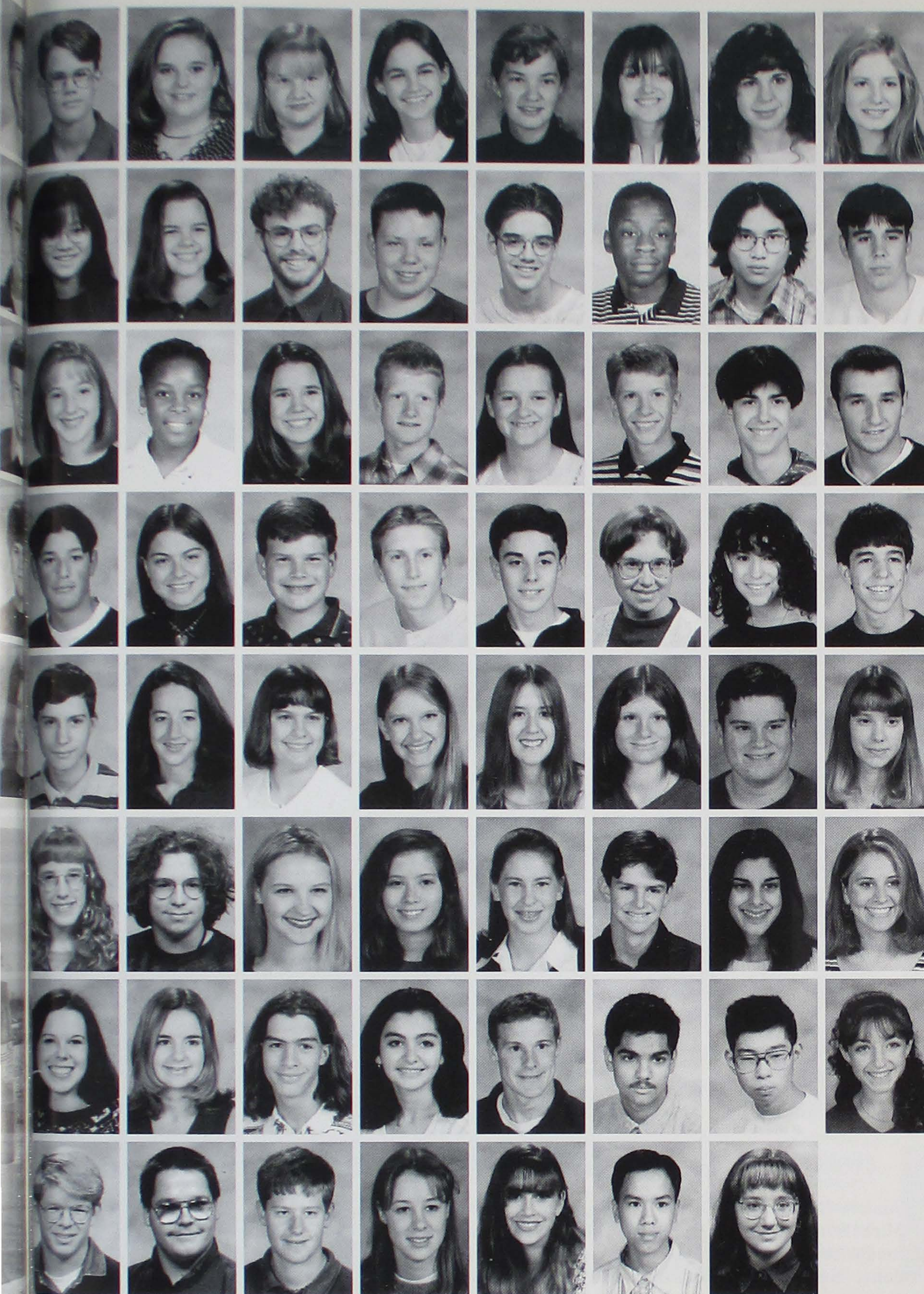
186 Sophomores



Jason RE

The C-Span bus visits Ames High School to inform students about the political process.





Reed Larson  
Rachel Lasley  
Sarah Lawson  
Jennifer Lee  
Kathleen Leeds  
Lindsay LePon  
Margo Levine  
Jennifer Lewis

Grace Li  
Erik Lingren  
Andrew Lloyd  
Jody Logston  
Philip Lombardo  
Micheal Lueth  
David Luo  
Anton MacDonald

Sarah Madsen  
Wendy Magadza  
Brianne Magel  
Joshua Magie  
Elizabeth Malone  
Sean Manatt  
Stefan Markov  
James Martin

Micah Martinez  
Michelle Marvick  
Randall Mathison  
Jonathan Mauk  
Matthew McCarley  
Michelle McCracken  
Amy McDonnell  
Matthew McDonnell

Samuel McDuffee  
Kristin McGeeney  
Elizabeth McGonigle  
Julie McKay  
Shelly McLaughlin  
Jennifer McMaken  
Mike Meier  
Kelly Meierkord

Kristin Melby  
Evan Menzel  
Leah Merkley  
Celina Beth Meyers  
Katie Milleman  
Matthew Miller  
Joy Misra  
Kimberly Mogard

Kelly Montgomery  
Rachel Moon  
John Morrow  
Sofia Mosesova  
Joseph Mowers  
Umar Mujeeb  
Koki Nakagawa  
Theresa Nassif

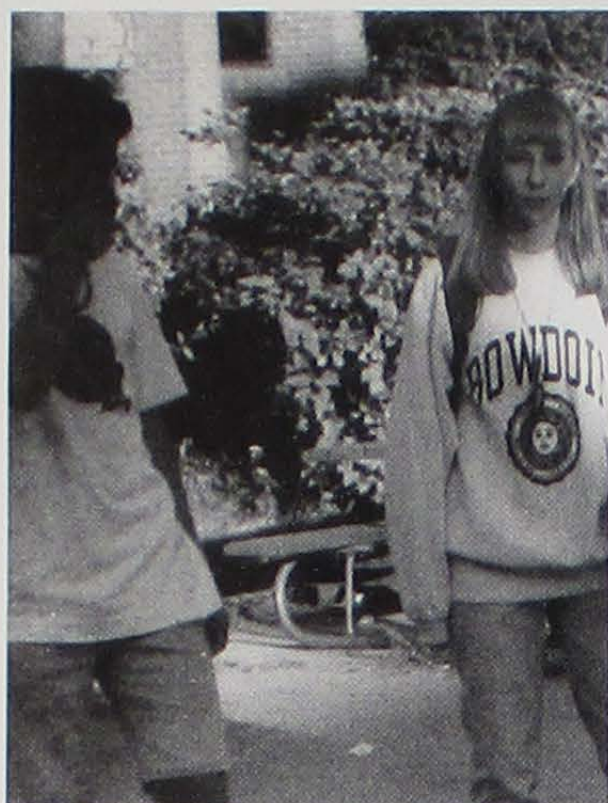
Matthew Nelson  
Brian Nelton  
Kirk Nessel  
Jessica Netolicky  
Amanda Neumann  
Chau Nguyen  
Sara Niemand



Senior Audra Slocum



During the summer, Freshman Luke Healy and Elisabeth Volker found time to go outside and enjoy the nice weather. Students found that going outside during free periods and lunch helped relieve stress and clear their heads.



Jessica Pohlman



Julie Tosten

Sophomore Andra Holst shows off the cake she made for Spanish class. Many students found the cafeteria to be a great place to talk before school.



Julie

Juniors Renessa Osterberg, Jon Coy, and Melanie Mickelson found the time to talk with friends in the media center while attempting to get homework done. Students found the new media center to be more accesable and easier to use.



Sophomore Ben Hienen

During 8th hour students found time to gather in the lobby and socialize. Students found the lobby to be a good place to catch up on their day while they wait for younger brothers and sisters, for rides home, or just to waste time in between classes.



Julie





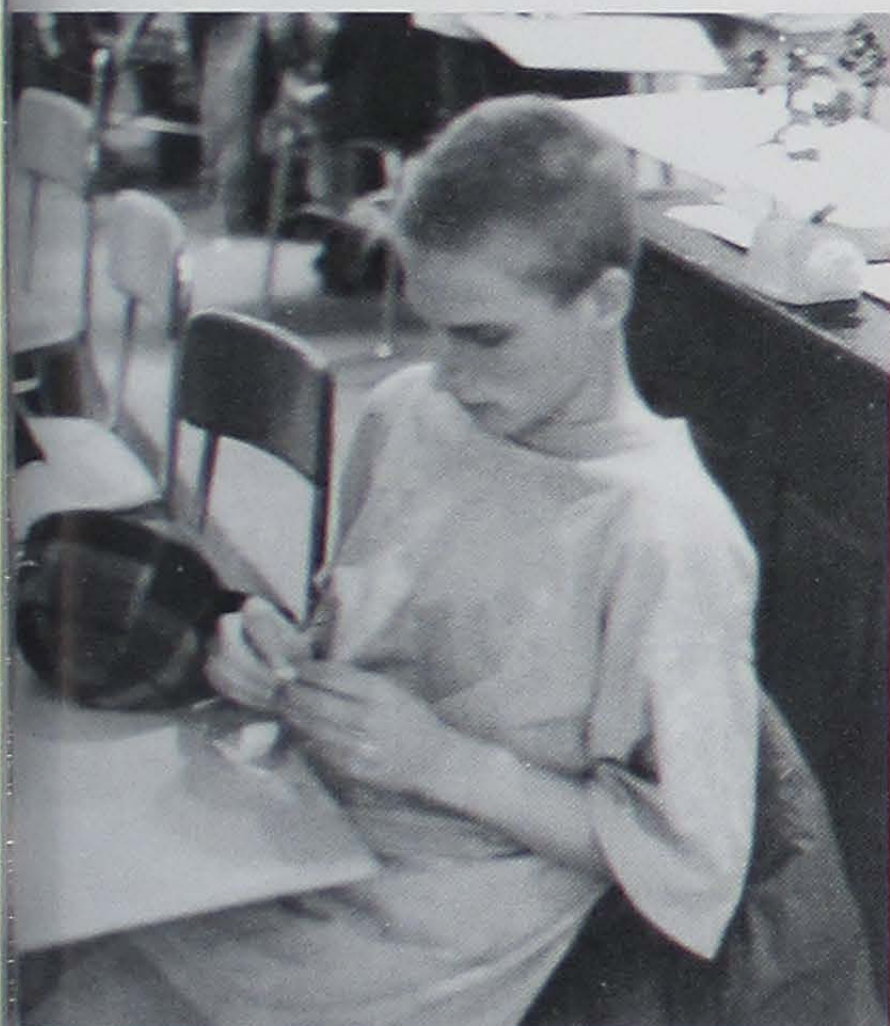
Raeann Nordmeyer  
Chad Norlin  
James Norris  
Joseph Obrycki  
Jonathan Olson  
Matthew Olson  
Kristin Osmundson  
Todd Palo

Chinmoy Panigrahy  
Amy Patton  
Naomi Payne  
Lucas Peterson  
Morgan Pett  
Nick Pflug  
Lindsay Pick  
Nicholas Place

Mark Potter  
James Proescholdt  
Megan Redemacher  
Rachel Randall  
Kelly Repp  
Amanda Rios Rivera  
Christina Rippey  
Aaron Ritz

Heather Roberts  
Jeff Roeske  
Erin Rollenhagen  
David Roth  
Louise Rothschild  
Devashis Roy  
Jacob Ruppert  
Jessica Saari

Aaron Sage  
Nicholas Sailsbury  
Amanda Sally  
Nicholas Samson  
Arno Sandoval  
Travis Sassmann  
Elizabeth Schmerr  
Jeremiah Schultz



Annie Gatewood

Junior B.J. Drake spends time relaxing to prepare himself for opening night of the the fall play "David and Lisa." Getting prepared for a performance can be very stressful. People tend to to deal with this stress in different ways.

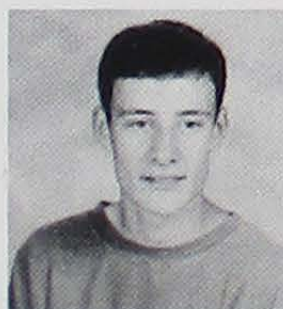
## What bugs you?



"When people keep asking 'Why?'"  
—Freshman  
Lisa Hepperly



"When people say something and you ask 'what' and they say 'oh nothing'" —  
Sophomore Joe Ward



"When I pour the orange juice in my Trix and pour the milk in my glass and then put it in the cupboard." —Junior  
Mark Osam

"When people say 'this tastes really disgusting, try it.'" —Senior  
Robin Schinnow



Junior Nathan Cook



Todd Schweikert  
Jennifer Scott  
Jonathan Sedgwick  
Kevin Seiler  
James Sellers  
Timothy Sexton  
Mei-Ling Shaw  
Megan Shill



Todd Shirk  
Sara Shonrock  
Christina Sippel  
Evan Sivesind  
Robert Smalling  
Angela Smith  
Breeze Smith  
Shannon Smith



Matthew Smothers  
Jaclyn Sprong  
Joshua Stairs  
Kathrine Staudt  
Angela Steele  
Derek Steelman  
Leah Steinhoff  
Valerie Stevens



Emily Stolmeier  
Adam Summers  
DeAnna Swyter  
Brian Taylor  
James Taylor  
David Teas  
David Terpstra  
Derek Terrones



Corey Tesdahl  
Dawn Tesdall  
Jamie Theilen  
Phornsack Thevathath  
Eddie Thomas  
Anna Thompson  
Nichole Thompson  
Stephan Thompson



## After Hours

By Jenny Whalen

Seeing people running around the gym, watching people cheer for the Little Cyclones during football and basketball games, hearing people singing and playing music. What are all of these people doing? Most likely they are getting involved.

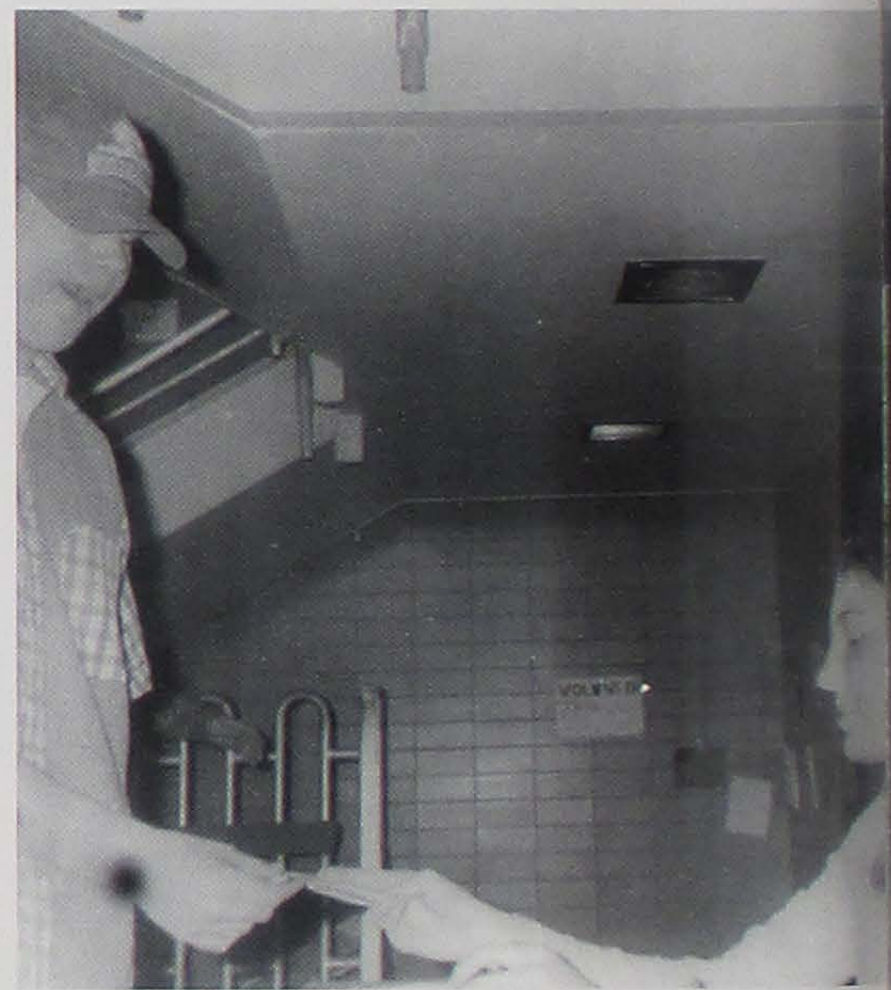
Many students found that going to after-school activities helped to involve themselves in school spirit.

"I get involved in school activities to meet people, to have fun and to socialize with the people around me," senior Meghan O'Neill said.

Even though most of us won't be changing the world anytime soon, it doesn't mean that people should stop getting involved.

"After-school activities really enrich your life," sophomore Jason Clark said. "They give experience doing many things such as getting you into school spirit and enriching your musical experiences such as playing the saxophone."

Whether or not you play sports, sing in choir or get involved with environmental groups one thing is certain, most students enjoy getting involved.

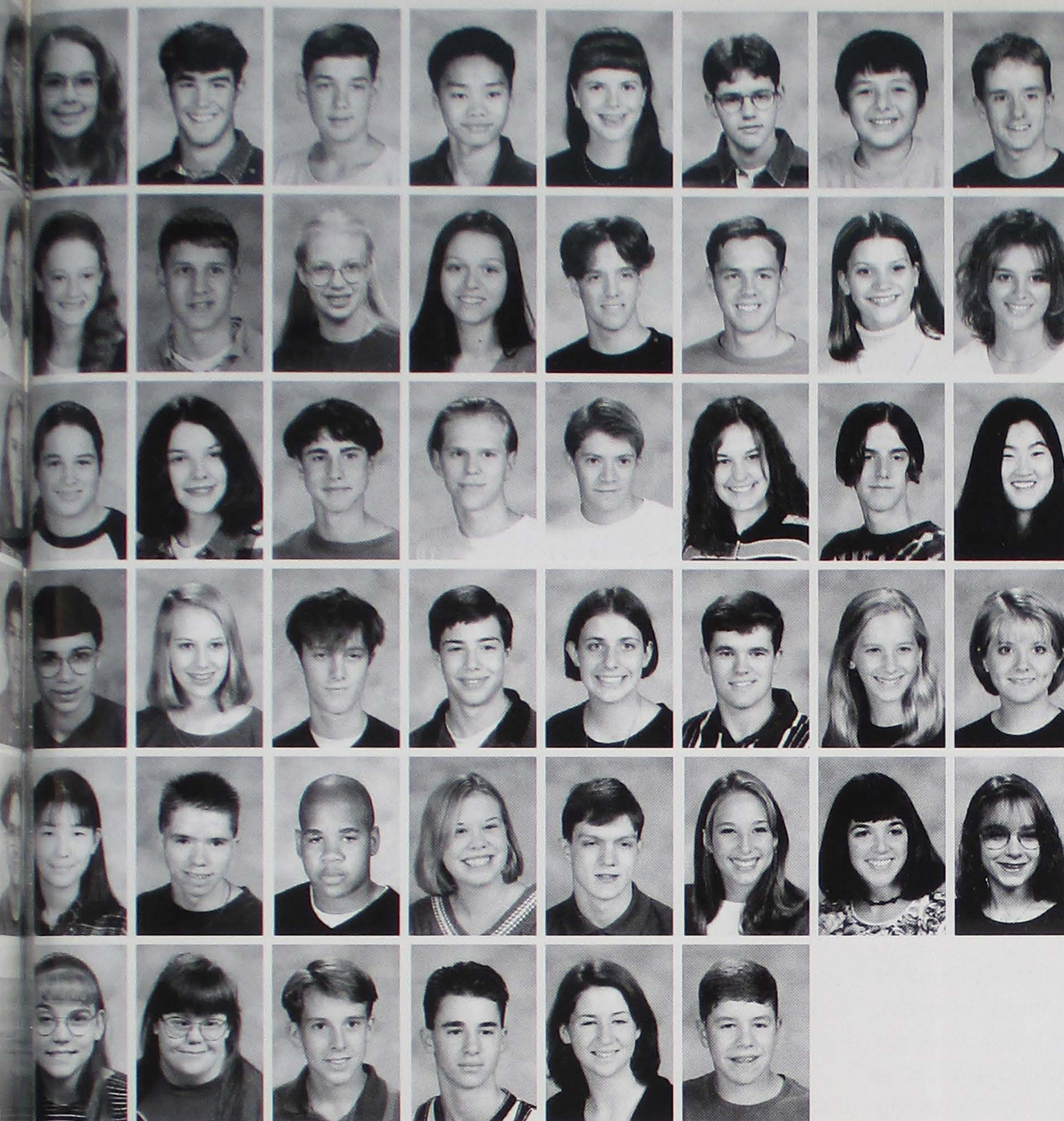


Getting involved is something students do to pass the time. Juniors Stefanie Donnell and John Oshel found selling candy for Key Club a good way to get involved. When asked why she gets involved Stefanie said, "I get involved because I'm a people person and Key Club is all about helping people."

Senior Chris Hoffmann







Tiffany Thompson  
Adam Todd  
Stephen Townsend  
Cuong Tran  
Laura Triplett  
Eric Upchurch  
Carlos Uribe  
Chad Valline

Aletia Van Brocklin  
Curtis Van Maaren  
Katie Van Roekel  
Jennifer Varnado  
Benton Veverka  
Adam Wagner  
Emilie Wall  
Katie Walquist

Jesse Walton  
Jessica Warren  
Joseph Ward  
Erik Weeks  
Brian Wehner  
Amber Weiers  
Jason Weigel  
Amanda Weiss

Matt Wenger  
Erin Wentworth  
Asa Wentzel-Fisher  
Benjamin Weyrauch  
Brandon Whalen  
Jess Wheelock  
Darcy White  
Erica White

Kari Wilkins  
Jonathan Williby  
Arach Wilson  
Mindy Wilson  
Nicholas Wilson  
Stephanie Wilson  
Brooke Winton  
Marsha Wood

Deann Wright  
Jennifer Wulf  
Kyle Youngberg  
Timothy Youngerman  
Ashley Younie  
Bradley Ziebell

Trying out for All-State is just one of the many things students can do to get involved. "I am interested in singing and enjoy it," junior Marc Scholton said. "Regardless of whether or not you make it, it is a very worthwhile experience." Practicing with Scholton is Emily Silet, Katy McDowell and Uri Kogen.



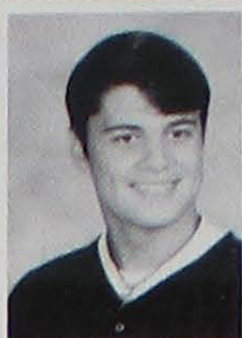
Senior Stephanie Brennan



Umair Abbasi  
Rachel Abbott  
Angela Adams  
Shawn Adams  
Andrew Albaugh  
Greg Albright  
Anna Anderson  
Brent Antidel



Ryan Arneson  
Eric Auge  
Melanie Ausborn  
Jill Baker  
Anne Barnhart  
Melinda Bassett  
Jason Battles  
Catlyn Beach



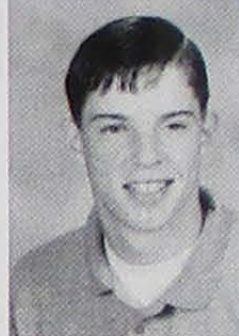
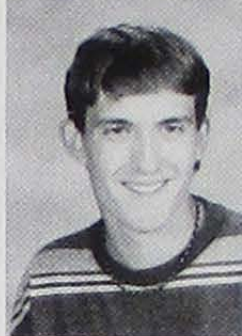
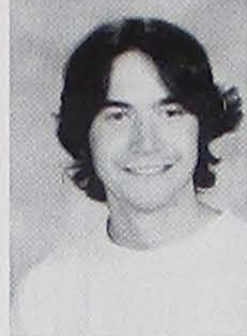
Corey Beck  
Laura Beerman  
Klint Belz  
Barbara Bennett  
Jacob Bills  
Christina Bitz  
Nicolas Bokhoven  
David Booher



Michelle Boster  
Elizabeth Bovenmyer  
Jonathan Bovenmyer  
Allison Brennan  
Ben Brown  
Donald Brown  
Aubrey Bryant  
Erin Bryant



Matt Bryant  
Jake Bullock  
Dennis Burgdoff Jr.  
James Burrow III  
Annie Butin  
Brian Cameron  
Patrick Camp  
Lindsay Carey



## Junior Overload

by Sofia Mosesova

Frequently, students at Ames High had homework overloads or tests scheduled all on the same day. Gradually, STRESS became a big part of students' life, especially if they were a junior.

A distinct question occupied many minds - Why was the junior year the hardest? Students responded with a single word-Physics.

"I always get help during school and free periods," junior **Barb Bennett** said.

Although being a junior meant a lot more freedom,

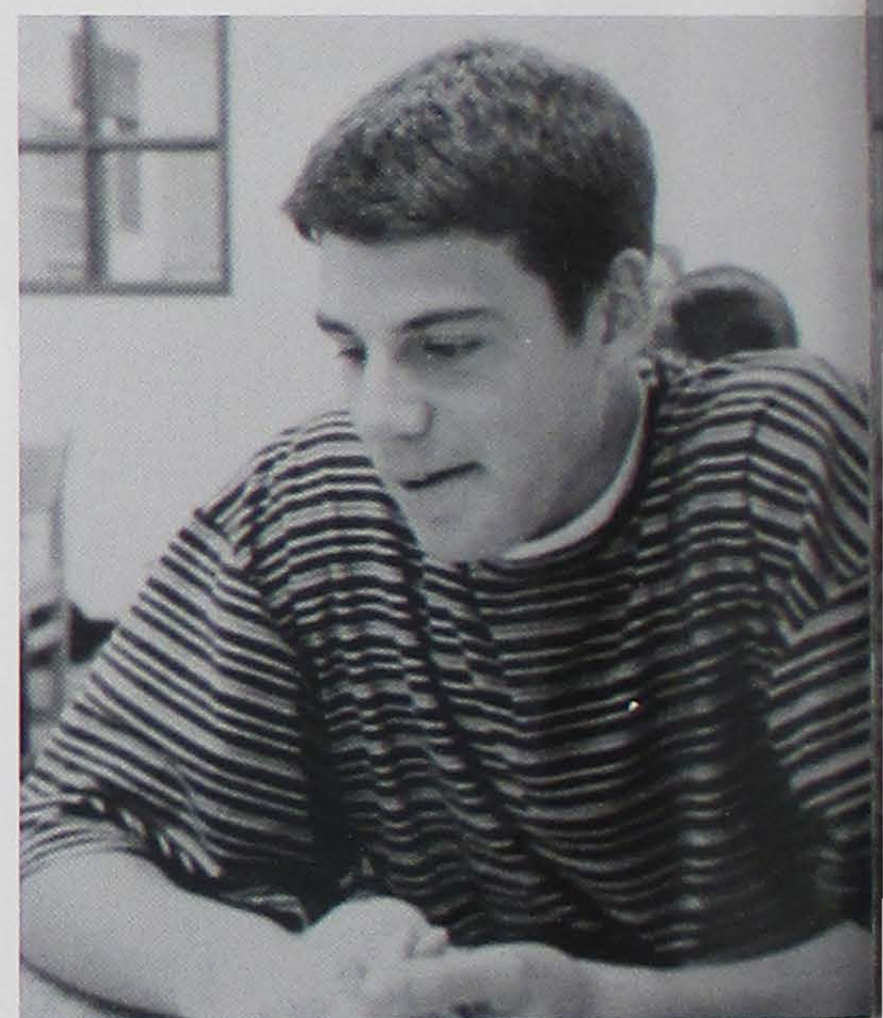
such as free periods and open lunches, many students didn't get to use it.

"I have a lot more freedom this year," **Nishant Parulekar** said, "and I feel like I should use it more."

Regardless of the stress, juniors found alternative ways to eliminate it.

"I go to Twister Club to relieve my stress on innocent bystanders," Parulekar said.

In spite of the homework overload and constant stress, many students found this year exiting.



Junior David Joens spends free period studying in the junior and senior room in the Media Center. "Physics is the best part of the junior year" -Joens said.

Senior Chris Devens







Craig Carlson  
Chad Carr  
Angela Carter  
Jennifer Carter  
Natalie Carver  
Rachel Chacko  
Michael Chang  
Kate Christensen

Jennifer Clark  
Amy Corley  
Matthew Coronos  
Jonathan Coy  
Kathryn Craig  
Kirsten Crase  
Jonathan Crawford  
Lisa Cronin

Ramon Cuebas  
Sara Cummings  
Emily Dahlgren  
Cody Dakan  
Ryan Davis  
Bryon Deal  
Natalie Deiter  
Julie Dickson

Clare Dieter  
Johanna Dobbs  
John Dobbs  
Brian Donaldson  
Stefanie Donnell  
Dana Doran  
Jay Dougan  
Mildred Dowling

Steffi Drewes  
Kelly Dunlay  
Phillip Duple  
Justin Eckard  
Daniel Ehresman  
Lucas Elbert  
Krista Elliott  
Robin Elwick

Marisa Endreland  
Jalila Faisal  
Brian Fliehler  
Dan Folkmann  
Beth Foote  
Jason Foster  
Tyler Fraser  
Donna Frye

Michelle Gano  
Steven Gartz  
David Geiger  
Daniel Genalo  
Melissa Genovese  
Rebecca Glatz  
Sean Gleeson  
Hanoi Goite

Shannon Goldman  
Brian Good  
David Goodfriend  
Christine Goodrich  
April Goodwin  
Ryan Greenlaw  
Leah Haas  
David Hall

Juniors Dana Doran and Angie Adams get help from Mrs. Mickelson. This process appeared to be a big part of studying, especially for juniors. "It's been so hard, I can't even think," Adams said.



Julie Tosten



Junior Andy Maysent



Sophomore Eddie Thomas watches junior Dan Ehersman play a friendly game of miniature pool with his friends. Many students at Ames High enjoyed playing such games to relax after school.



Jessica Pohlman



Jessica Pohlman

As junior Eric Auge listens to some music in the cafeteria, he can't help but dance along with it. The cafeteria served as one of the best places to kill time and converse before, after, and in between classes.



Jessica Pohlman

Junior Travis Shore helps junior Max Highland work with the computers during Art. This past year many departments in school received computers to help students with their daily work.



Junior Susie Lyon

Relaxation follows stress, consequently relieving it and making it disappear. Seniors Aaron Coats and Jake Hiatt begin an early morning game of cards.



Jessica Pohlman





Ezra Hallam  
Drew Hamilton  
Bryan Hansen  
Hosanna Hanson  
Jacob Hanson  
Usman Haq  
Emily Harris  
Anthony Hartman

Emily Hausner  
Emily Hawkins  
Ryan Haynes  
Robert Heiberger  
Eileen Heideman  
Benjamin Heller  
Paul Henry  
Heather Herold

Alan Hertz  
Nicholas Hetzel  
Heidi Hickman  
Max Highland  
Amber Hill  
John Hinrichsen  
Troy Hofmockel  
Andrew Hoiberg

Justin Holdgrafer  
Adam Huffman  
Travis Huiatt  
Meghann Hunt  
Rebecca Hunter  
Tishque Hunter  
Eleanor Jensen  
David Jeong

David Joens  
Kayla John  
Daniel Johnsen  
Amy Johnson  
Erin Johnson  
Adam Jonas  
Nathaniel Jones  
Mike Kadolph

## What is your favorite cartoon character?



"Scooby Doo, because he is the coolest guy ever!"  
—freshman  
Tom Popelka

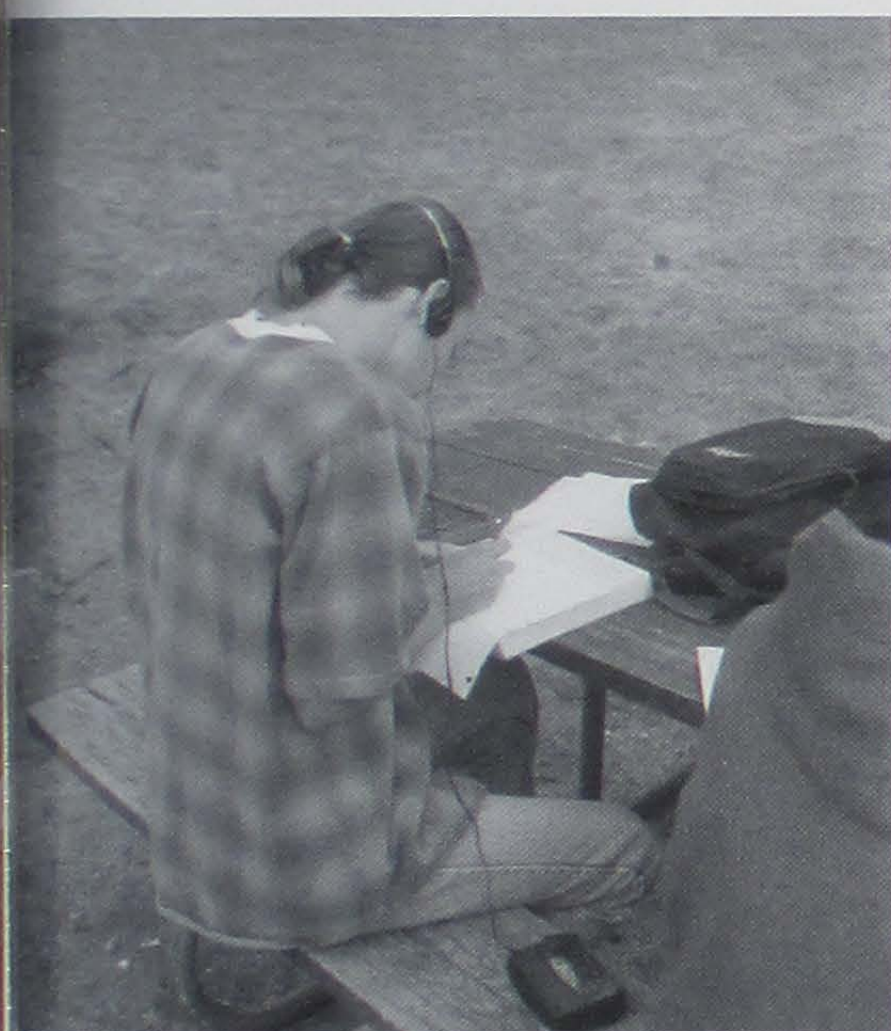


"I'd have to say Dr. Doolittle."  
—sophomore  
Mei-ling Shaw

"Doug Funny. He's 11.5 years of pure studness."  
—junior Annie Butin



"The Jetsons, because I can sing along with it." —senior  
Laura Howard



Jessica Pohlman

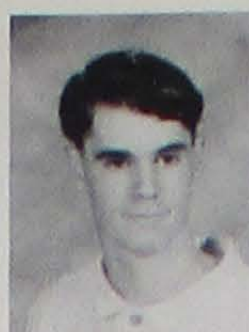
Junior Jason Lippard enthusiastically delves into Physics while in the courtyard. In addition to concentrating on homework, he listens to some music to help focus his thoughts.



Junior Nick Bockhoven



Keith Kelley  
Ryan Kelly  
David Kinley  
Melissa Kinyon  
Sensak Kiojai  
Sensak Kiojai  
Ellen Kitchell  
Toby Knapp



Uri Kogan  
Jennie Konefes  
Dimitrije Kostic  
Priya Kothari  
Elisabeth Kracher  
Cheryl Kruger  
Aaron Kumbier  
Vanessa Kuo



Eric Lambi  
Jonathan Lara  
Melissa Leek  
Adam Larson  
Melissa Lehmkuhl  
Bess Lewis  
Erin Life  
Jason Lippard



Lindsey Litchfield  
Naomi Lohr  
Katherine Loney  
Jeff Lubow  
Maryann Lynch  
Susannah Lyon  
Heather Manger  
Gavin Martin



Jessica Martin  
Rodrigo Martinez  
Melissa Maxwell  
Andrew Maysent  
Derrick McClain  
Shawn McCormick  
Kristi McConnell  
Justin McDowell



## Class Clowns

by Julie Tosten and Sofia Mosesova

Many times during the day students find themselves in classes that can be quite tedious. Sometimes, though, teachers could make class surprising.

"Mr. Troeger spent the entire period babbling about Star Trek," freshmen **Spencer Mickelson** said.

Sometimes, the classes were most interesting when teachers did something funny or embarrassing.

"As my teacher leaned over the table to check his agenda for the day, his pants

split and he proceeded with the class without having discovered it," senior **Cale Doyle** said.

However, when teachers did something embarrassing, it caused students to be embarrassed too.

"I was sitting in my seat working on an assignment, when my teacher tripped over my feet," junior **Renessea Osterberg** said.

Although some classes may have been dull, sometimes teachers can make class surprisingly fun.



Working on the yearbook quired a lot of hard work, occasionally funny things happened. Yearbook advisor, Darin Johnson is a perfect example of a teacher who does mind a little humor in his class. "A teacher like me must wear a lot of hats," he said.

Sophomore Brian Nelton







Emily McElroy  
Bryan McGeeney  
Jason McNertney  
Melanie Mickelson  
Catherine Milavec  
Eric Miller  
Kate Miller  
Jason Miller

Samantha Mills  
Jonathan Minion  
Emily Mize  
Jonathan Moore  
Michael Morain  
Chad Mortensen  
Irina Mosesova  
Evan Moseley

Erin Naeve  
Nelsen Matthew  
Josh Nelson  
Karina Nelson  
Lori Newhouse  
David Newton  
Huu Nguyen  
Travis Nichols

Benjamin Noland  
Mark Nutter  
Megan O'Neal  
Kyle O'Riley  
Kenneth Okiishi  
Julie Ollila  
Karen Olson  
Elizabeth Orning

Mark Osam  
John Oshel  
Rennesa Osterberg  
Brett Pantenburg  
Jeremy Parks  
Megan Parrish  
Nishant Parulekar  
Nicole Paulson

Brad Payne  
Lindsay Peters  
Debra Peterson  
Jenny Peterson  
Jennifer Peyser  
Nola Pitts  
Rachel Pleasants  
Melissa Poague

Jessica Pohlman  
Kristine Powell  
Joshua Prins  
Nicolas Propes  
Carrie Pyle  
Josh Pyle  
Ronda Qvale  
Ryan Rathert

Michael Ray  
Jason Rearick  
Zachary Rhodes  
Cassie Rice  
Nicole Richardson  
Erica Riedesel  
Shaun Riens  
Allison Rippke



Julie Tosten

Mrs. Jennifer Knight believes that because social studies is about people, using humor makes a class more fun. Anyone who has ever taken her class will probably agree. "It's like *Mary Poppins*," Mrs. Knight said, "just a spoonfull of sugar makes the medicine go down,"



Sophomore Jordan Cook



Juniors April Goodwin and Heidi Hickman converse on their way to class. Usually students spend their time in between classes to relax and talk about their everyday life. Some of the topics widely discussed by many students include relationships, jobs, cars, and constant homework overloads.



Jessica Pohlman



Jessica Pohlman

From ordinary street jokes to silly and embarrassing accidents, students found ways to express themselves through humor. Senior Lauren Miller and junior John Oshel express their happiness through laughter.



Juniors Jessica Pohlman and Travis Shore found a unique way to greet each other. Previous ways of formal greeting gradually changed from ordinary handshakes to embraces, hugs, eye contact, and friendly kisses.

When the weather permitted, a number of students preferred eating their lunches and spending their free periods outdoors in the school courtyard. Juniors Marc Scholten and Vanessa Kuo free their minds of all difficulties by sharing a friendly conversation with each other.



Junior Nick Propes







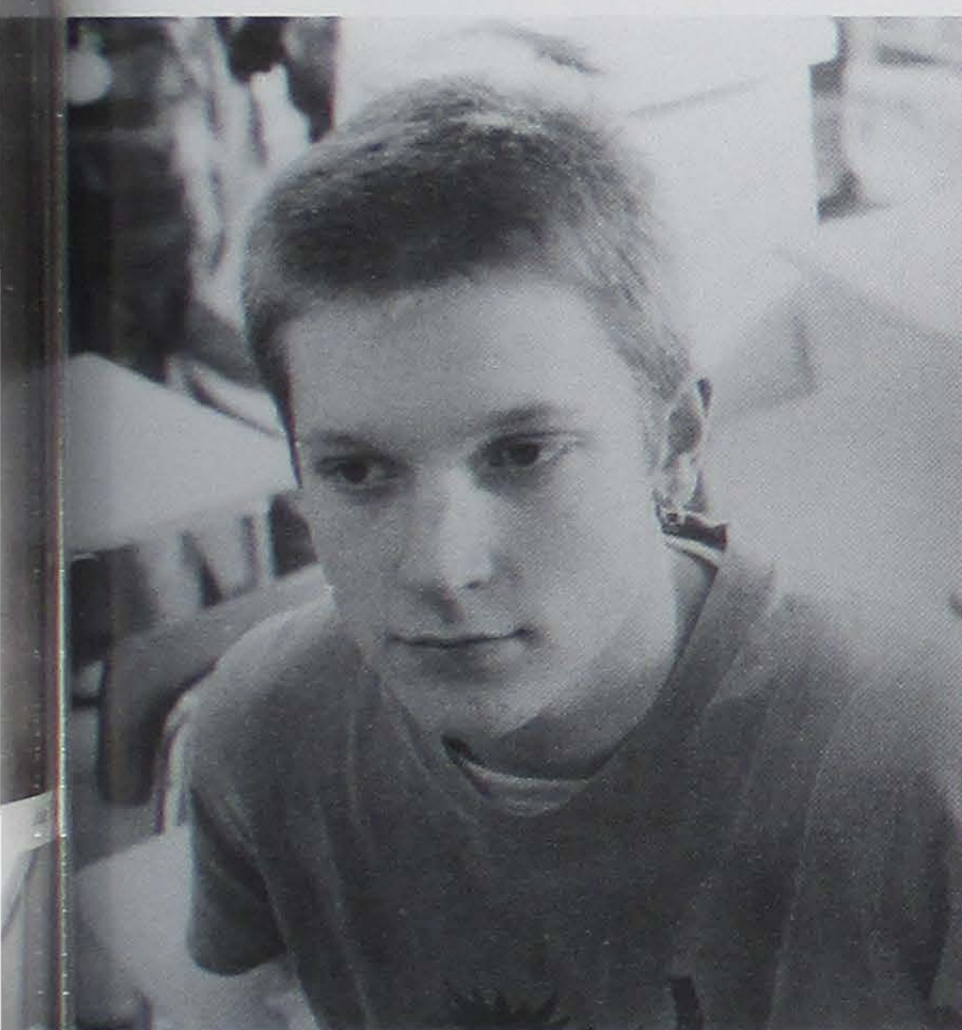
Heather Risse  
Eric Roark  
Stacia Rodgers  
Adina Rollins  
Ryan Ross  
Leah Rudolphi  
John Russell  
Jennifer Sargent

Roz Scanes  
Nicholas Schmerr  
Marc Scholten  
Jonathan Schroeder  
Aaron Schropp  
Stephanie Schubert  
Elizabeth Schultz  
Jennifer Schutt

Bridgette Scott  
Evan Scott  
Mindy Seals  
Daniel Searcy  
Sarah Seastrand  
Patricia Severson  
Nicole Shaull  
Sarah Shimek

Matt Shimkus  
Travis Shore  
Kristen Shrader  
Carrie Shuck  
Carrie Shupp  
Paul Sibbel  
Sara Siebert  
Joseph Simons

Eileen Sippel  
Joseph Skluzacek  
Joel Skrdla  
Jacob Sloan  
Daniel Slutzki  
Heidi Sobotka  
Alyssa Speck  
Brian Starrett



Annie Gatewood

## What would the title of your autobiography be?

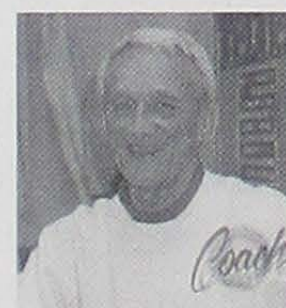


"Me, Myself, and I."  
—sophomore  
Kyle Yongberg



"My Life as it is without Change."  
—freshman  
Robert Tchoumanov

"Stop and Smell the Roses."  
—teacher Tom Jorgenson



"Salvation Constipation with Sparky and the Cheesies."  
—junior Max Highland



sophomore Aaron Alcott, brought unaware, rests after a long class. Forty-three minutes in a classroom seemed longer to some students, but like meaningless moment to others.



Junior Jennifer Sargent



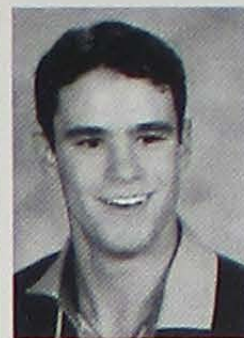
Arnie Soden  
Jennifer Stevenson  
Megan Stephenson  
Scott Stevermer  
Anne Stoltze  
Amy Swank  
Bradley Sydnies  
Parisa Taravati



Carrie Tett  
Nicki Thiede  
Christopher Thompson  
Nicole Thompson  
Cindy Thongsouk  
Jonathan Titus  
Christopher Tomlinson  
Julie Tosten



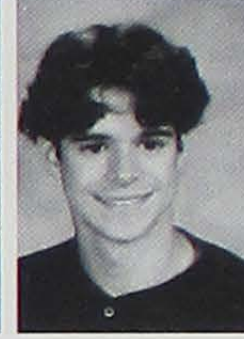
Nga Tran  
Franklin Trumpy  
Michael Turner  
Christopher Tuttle  
Angela Umbaugh  
Amy VanSlyke  
Andrew Vardeman  
Carrie Wagner



Taz Wagner  
Jill Watson  
Joshua Watts  
Matthew Wee  
Erica Wehner  
Bethany Weitzel  
Elizabeth Westgate  
Dustin Wetzel



Matthew White  
Cynthia Whiteford  
Stephanie Weigand  
Jessica Wilhite  
Greg Willard  
Jocelyn Wilson  
Stacie Wilson  
Elton Wong



# Occupations

by Elizabeth Malone

Whether for money or out of necessity, many Ames High students managed to hold down jobs during the school year.

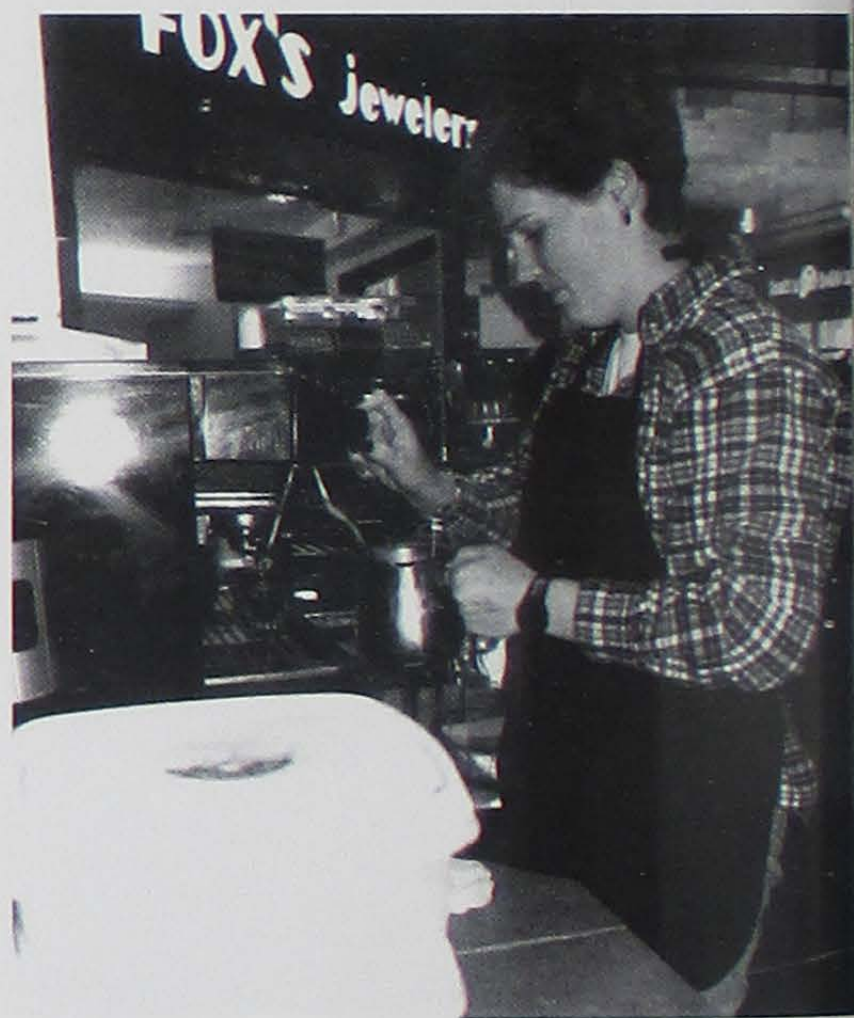
"I work at the public library. Having a job is like eating cheese-it's just one of those things you have to do for money," junior **Ryan Greenlaw** said.

Sophomore **Jeff Christianson** chose to promote his workplace, the McDonald's in west Ames. Of his occupation he had one thing to say, "Double cheese-burgers-99 cents everyday."

Many students saw jobs as their only way of getting extra money, but other students really liked what they did.

"I work with the Parks & Rec pools and I really like my job because I can schedule around my conflicts, and I also meet interesting college people," junior **Shannon Goldman** said.

Even though students had to sacrifice their personal time, many found that their jobs not only provided extra money, but helped their social lives as well.



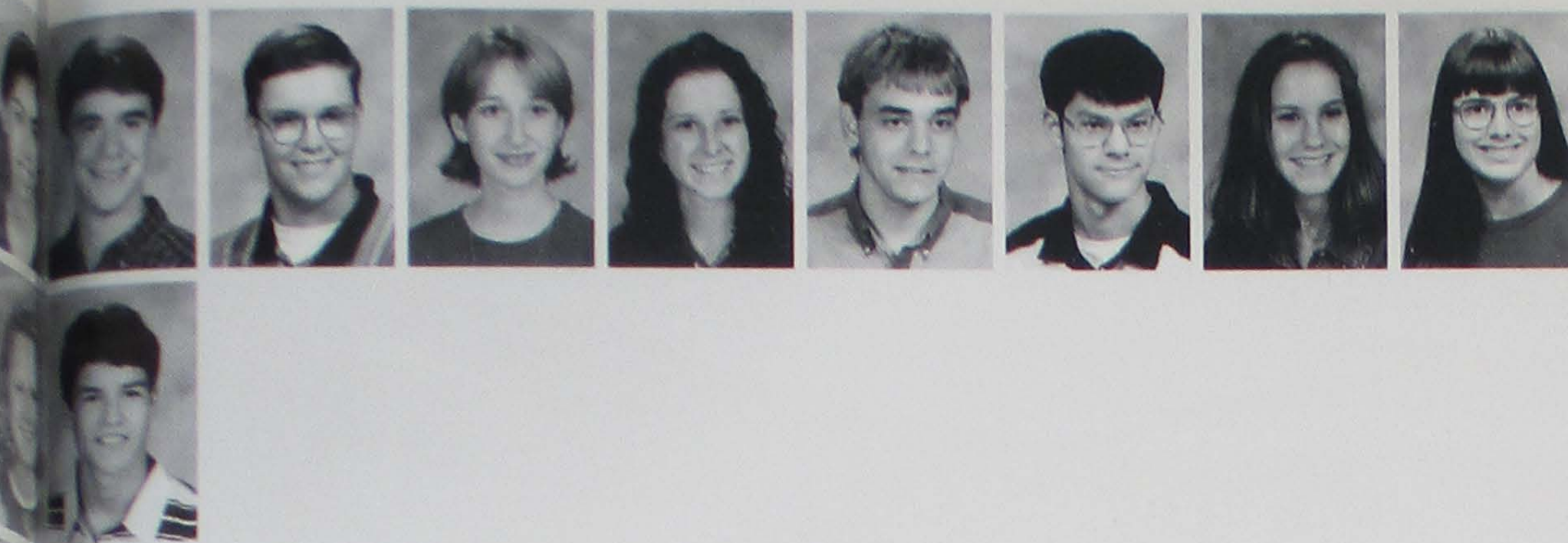
Jessica P

Sophomore **Jamie Day** is ready to serve her next customer at Burgie's in North Grand. "It's lots of fun and you get to be around a lot of people," Jamie said of her job. The people Jamie met made her job worth the time she put into it.

Soph. Sean Manatt







Austin Woodin  
Jace Woodley  
April Wright  
Stephanie Wycoff  
Antonio Ybarra Rohas  
Andrew Yee  
Kara Zeimet  
Susan Ziegler

Daniel Zimmerman



Junior Christina Bitz cuts meat samples at her job in North Grand Mall at the Hickory Park stand.



Jessica Pohlman

Jessica Pohlman



Senior Matt Smelser does his duty at the 76 Gas Station on Duff Avenue. "It gives me something to do and it's a good way to earn money," Smelser said. Money often turned out to be the deciding factor when it came to students getting jobs.

Jessica Pohlman



Fresh. Rodney Brownlow



Getting together with friends was a big part of a seniors life. Abbe Shapiro, Noelle Padgitt and Kathy Loveland took time out to party at a senior party. Senior party's were a perfect time for students to relax before the pressures of graduation began.



## Embarrassing moments not easily forgotten

From the time students enter kindergarten to the time they graduate from high school is usually a major part of a student's life. Graduating from high school tended to let students look back on memories from their childhood. This also gave students many opportunities to remember things from their past that they would rather forget.

"I remember in first grade I wet my pants and it soaked into the carpet," senior **Symantha Miller** said. "My teacher came over and asked me and the person sitting next to me if we had spilled our juice. It even soaked into my socks."

Although not everyone can remember doing embarrassing things the minute someone asks them, they eventually can think of one or two things. Thinking back to elementary school usually helps students to think of things they have done that were quite embarrassing.

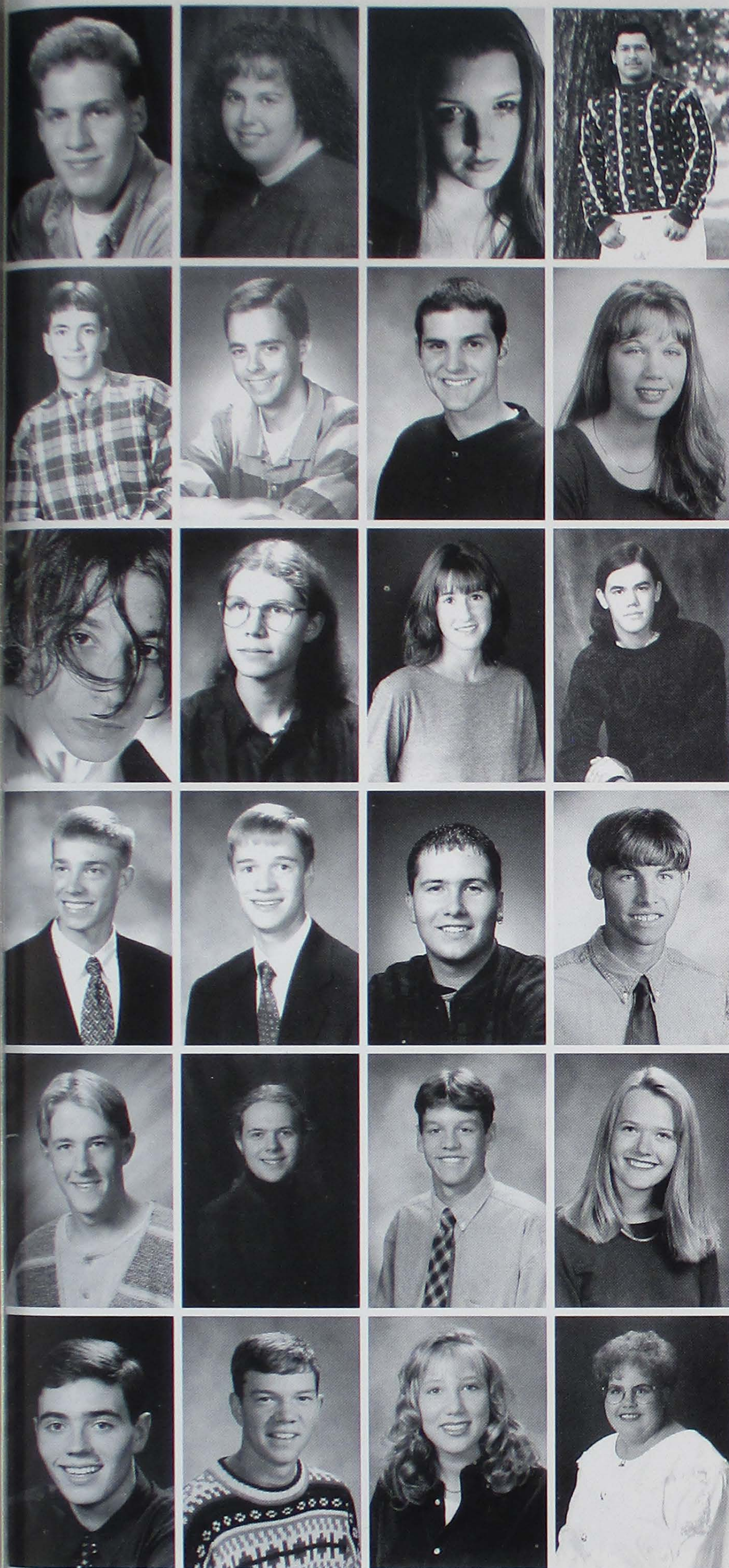
"Once when I was in first or second grade I was eating lunch in the cafeteria," senior **Linda Eischen** said. "I had to go to the bathroom really bad, but I decided that I was too hungry to wait. Evidently I had to go to the bathroom more, because I ended going all over the cafeteria floor."

Other memories students had were not considered embarrassing for them but it showed that students, even older ones, can do things they regret, and that people will not be quick to let them forget.

"My most embarrassing moment was when I got kicked out of the Ankeny basketball game last year for stepping on the court," senior **Ryan Tesdall** said.

Whether it's wetting their pants or stepping on a basketball court, students always find embarrassing moments to remember, whether they want to or not.





**James Abbey.** Nicole Maura Achter: Basketball 10; Con. Band 10, X- Country 11,12; I Ball 11,12; Sr. Girls Club 12; Softball 10; SPIRIT 12; Track 10; TV Show 12; Volleyball 10; Volunteers 12; WEB Staff 11,12 (editor); FCA 11,12; Mentor 12; Sci Link III 12. **Alicia A. Ackerman:** Amnesty International 10-12; Matmaid 9; Play Cast/Crew 9-12; Speech Club 9; SPIRIT Staff 10,11; Student Director 12; Thespians 9-12; TV Show 12; WEB Staff 10,11. **Jerimy Almestica.**

**Geno Adams:** Baseball 10-12; Football 11; I Ball 11,12; I Bowling 12. **Dan Alexander:** Ambassadors 12; Football 10; I Ball 12; I V-Ball 9; Officer 11,12; Play Cast/Crew 9; I Bowling 12; Student Senate 11; Swimming 12; Track 9. **Chris Allen:** Amba. 12; AV-IMC Assistant 11; Chess Club 10; Choir 9-12 Homecom. Court 12; Key Club 9; Madrigal 12; Senior Class Secretary 12; One Acts 11,12; Play Cast/Crew 9,11; Speech Club 11,12; Student Senate 12; Volunteers 12; Twister Club President 11,12; Senior Class Video 12. **Marlana Anderegg:** Big Sis/Lil' Sis 9; Concert Band 9-12; I Ball 11,12; Key Club 9; SADD 9; Track 9.

**Jennifer Anderson:** Amnesty International; One Acts; Play Cast/Crew; Speech Club; Thespians. **Kevin Anderson.** **Laurie Anderson:** Peer Helping 10; Student Senate 9; Swimming 9-12. **Ross Anderson:** Concert Band 9,10; Play Cast/Crew 9-12; Soccer 12.

**Dustin Avey:** Baseball 9,10; BB 9-12; Football 9-12; Student Council 9,10; Track 9-12. **Mark Bailey:** Concert Band 10-12; I Ball 9-12; Spanish Contest 9-11; Tennis Team 9-12; TV Show 12. **Jared Baker:** I Ball. **Chris Bartine:** BB 9-11; I Ball 12; Peer Helping 9; Soccer 9-12.

**Jimmy Bates:** DECA 12; Football 10-11; I Ball 9-12; FCA. **Adam Baumeister:** Play Cast/Crew. **Matthew Beaulieu.** **Kara Belz.**

**Jeremy Bents:** Baseball 9-12; BB 9-11; Band 10-12; Concert Choir 10; Football 10; Solo/Ensamble Contest 9; Student Senate 10. **Jeff Besser:** Baseball 9-12; I Ball 11,12. **Laura Biechler:** Basketball 9,10; I Ball 12; Senior Girls Club; Softball 9-12; Volleyball 9-12. **Marnie Bigelow:** Concert Choir 10; Peer Helping 11; Special Olympics 9-12.



**Nathen Bilyeu:** DECA 12; I Ball 9-12; Soccer 11. **Rebecca L. Birch:** Cheersquad 10; Health Occupations 12; Homecoming Committee 12; Senior Girls Club 12; Student Senate 11. **Chris Blazek.** **Suzanne Block:** Concert Band 10-12; Marching Band 9-12; Symphonic Band 11,12; Solo/Ensemble Contest 10-12; Track 9-12.

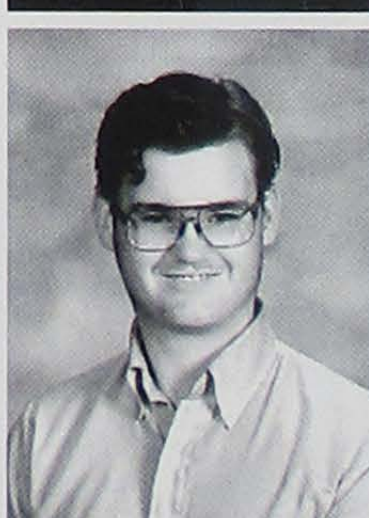
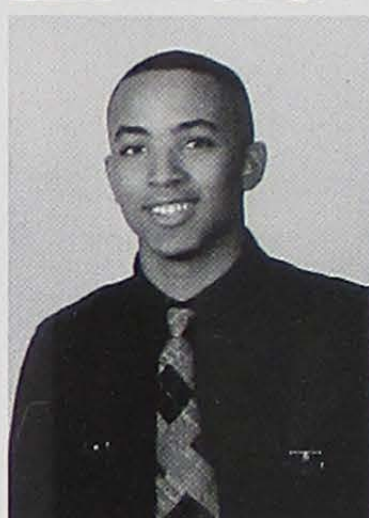
**Adam Eugene Born:** DECA 12; I Ball 12; Wrestling 12. **Jereme Boullion.** **Stephanie Brennan:** Basketball 9,10; DECA 12; Senior Girls Club 12; Softball 9-12; Volunteers 11,12. **Rick Brown.**

**Katie Bryant:** Concert Chorale 11,12; Student Senate; Track. **Karri Burgher:** Ambassadors; DECA 12; Softball; Volunteers. **Khara Burlingame:** Concert Choir 10; Concert Chorale 12; Solo/Ensemble Contest 12; Swimming 9,10; Treble Choir 10-12. **Steve Cable.**

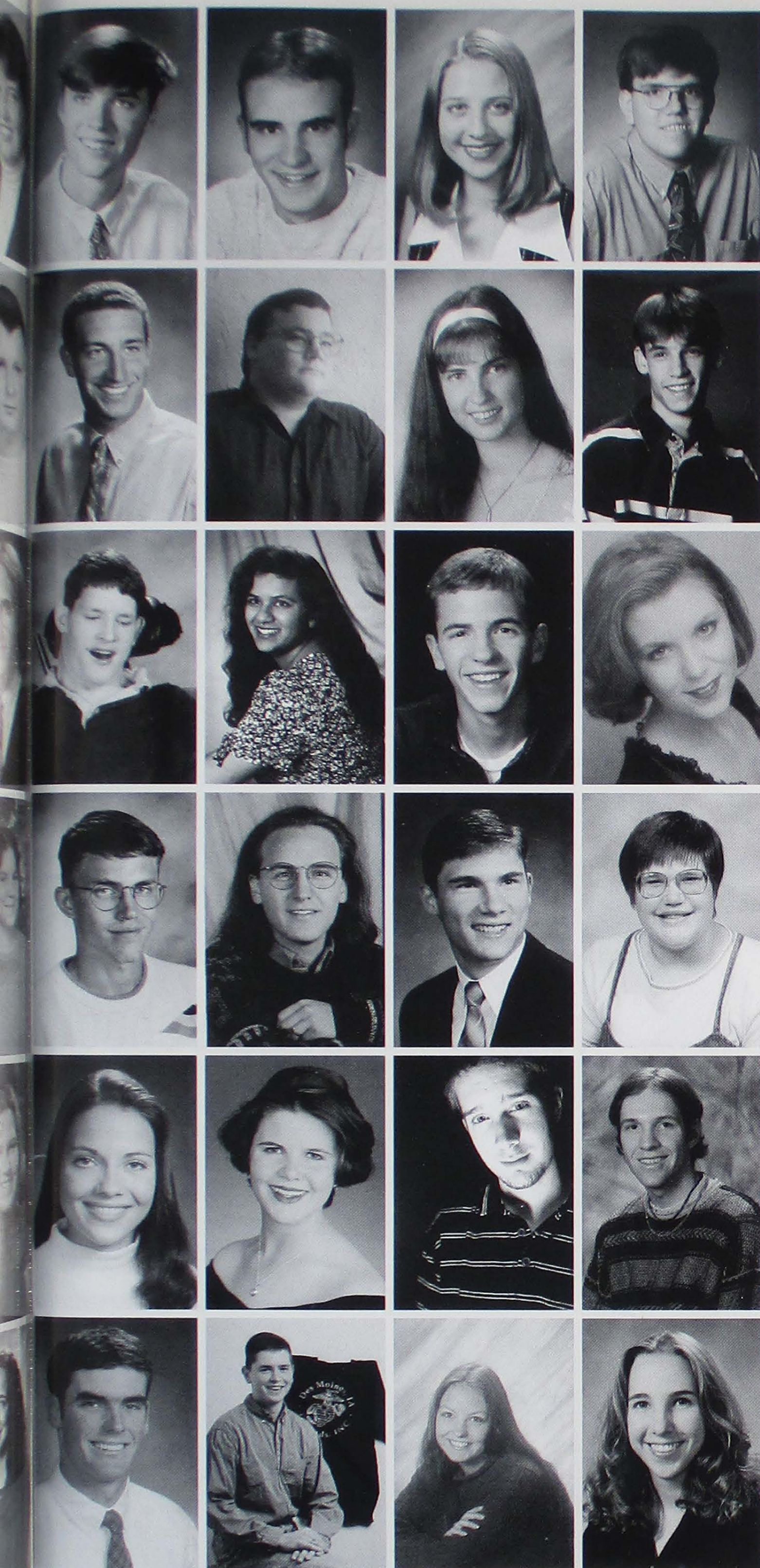
**Brian Caldwell:** Baseball 9; Basketball 9-12; Football 9,10. **Janice Carney:** Big Sis/Lil' Sis; DECA 12; Freshman Choir. **Nathan Casey.** **Tracy Catron:** Key Club 9; Terpsichore 12; Volunteers 12.

**Steven Chang:** Junior Class Secretary; Orchestra 9-12; Scratch Pad Board 10,11; Solo/Ensemble Contest; SPIRIT Staff 10-12; Student Senate 10-12; Tennis Team 9-12. **Sarah Chaplin:** Band 9,10; Choir 9-12; Cross-Country 10-12; Mock Trial 9,10,12; SADD 9-12; Solo/Ensemble Contest 9,10. **Carrie Christianson:** Ambassadors 10-12; I Ball 10,12; I V-Ball 11; Play Cast/Crew 9-12; Senior Girls Club 12; Thespians 11,12. **Cassie Clyde.**

**Paul Cockayne:** 100th Green Butterfly 10-12; Amnesty International 11; Chess Club 9-11. **Sevond Cole:** Concert Choir 9-11; DECA 12; Football 9-12; I Ball 9-12; Solo/Ensemble Contest 10; Terpsichore 11,12; Track 9,10; Wrestling 9-12. **Doug Conley.** **Abigail Cook:** Concert Band 10-12; Concert Chorale 11,12; Solo/Ensemble Contest 10-12; Symphonic Band 11,12.







**David Cook:** Basketball 9-11; Concert Chorale 11,12; Cross-Country 9,11; I Ball 12; Track 9,10. **Shawn Crowley:** I Ball 10,12; DECA Officer 12; Swimming 9. **Karena Cruse:** Big Sis/Lil' Sis 9; Basketball 9; I Ball 10-12; Senior Girls Club; Terpsichore 11,12; Twirler 10-12. **Matt Curran:** Football 10; I Ball 12.

**Chad Curtis:** Baseball 9,10; Basketball 9-12; Football 9-12; Student Senate 9. **Brian Dane.** **Carolyn David:** Concert Choir 10; Large Group Contest 9,10; Play Cast/Crew 9-12; Terpsichore 10,11; Thespians 11,12. **Brad Davis:** Hockey 9-12; I Ball 12; VICA 12.

**Tate Davis.** **Tuhina Dayal:** Ambassadors 10-12, Mock Trial 10-12; Spanish Competition 11; Swimming 9,10; Terpsichore 12; Terpsichore Choreographer 12; Volunteers 12. **Jesse Deardorff:** Airbands; I Ball 9-12; I V Ball 9; DECA Officer 12; Soccer 9-12; Student Senate 12. **Andrea Deming.**

**Justin DenAdel.** **Mark DePristo:** Play Cast/Crew 12; Rules Committee; Student Review Board; Thespians 12. **Christopher Devens:** Baseball 9-12; Debate 10; Football 11,12; I Ball 9-12; Tennis Team 10; Track 11. **Elisa Dix.**

**Kate Dobberke:** Ambassadors 9-12; Concert Choir 10; I Ball 12; I Bowling 12; Senior Girls Club 12; Soccer 10,11; WEB Staff 11,12. **Emily Dobbs.** **Ryan Dodge.** **Joseph Donaldson:** Basketball 9,10; Cross-Country 10; Football 9; VICA 12.

**Cale Doyle:** Baseball 9-12; Basketball 9,10; Football 9-12; I Ball 11,12; VICA 12. **Joel Dunmire:** Concert Band 9,10; Marching Band 9,10; Pep Band 9,10. **Lindsey Eischen:** Big Sis/Lil' Sis 9; Concert Choir; Freshman Choir; Large Group Contest 9-12; SADD 9,10; Flag Corps 11,12; Treble 11,12. **J.C. Elbert:** Big Sis/Lil' Sis 9; Amnesty International 11,12; Concert Band 9-12; Cross-Country 11,12; Health Occupations 11,12; Marching Band 9-12; Orchestra 10-12; Solo/ Ensemble Contest 9-12.



Studying was one thing seniors did not feel like doing more of during school. Seniors Stephanie Brennen, Nathen Bilyeu and Patrick Inglett found that going to student services to look over college info was a great way to pass time during the day.



## What do you wish you had done in school?

I wish I could have experienced  
dentention.

*Lindsay Eschen*

I wish I had gotten to know more  
people (one person in particular).

*Meghan & Neil*

I wish I'd played hookey with my  
best friend and gone to Chicago  
for the day.

*Emily Silet*

I wish I would have played more  
sports.

*Jon & Dan*





**Jairus Ely:** Baseball 9-12; Basketball 9-12; Football 9-11; Student Council 9-10. **Joe Emiola:** Concert Band 10-12; I Ball 11,12; Marching Band 9-12; Pep Band 11,12. **Brooke Engeman:** Freshman Choir 9; Concert Choir 10; Concert Chorale 11,12; Peer Helping 11; Terpsichore (choreographer) 12. **Robyn Epstein:** Freshman Choir 9; Concert Choir 10; Concert Chorale 11,12; Large Group Contest 9-12; Senior Girls Club 12; SPIRIT Staff (Editor) 11,12; TV Show 12; WEB Staff (Section Editor) 11-12.



**Laura Evans:** Big Sis/Lil' Sis 9,11; Cross-Country 9; Peer Helping 10; Softball 10; Track 9-11; Volunteers 10. **Melissa Fatland:** Big Sis/Lil' Sis 9; Concert Band 10-12; I Ball 12; I V-Ball 12; Marching Band 9-12; Orchestra 9-12; Pep Band 10-12; Solo/Ensemble Contest 11; Track 9,10. **James Finch. Dan Fincham.**



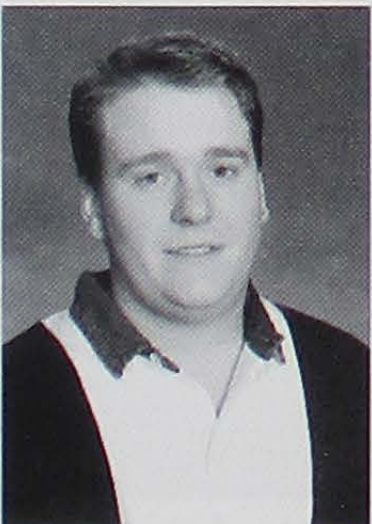
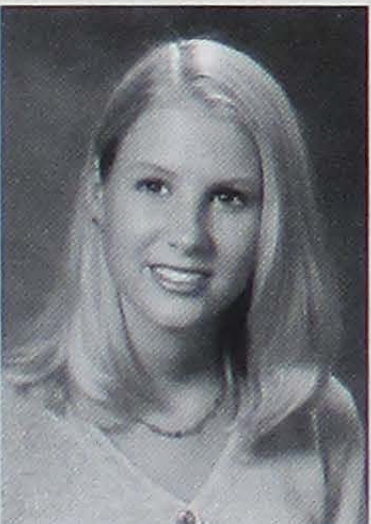
**Jeffrey Fisher:** Homecoming Court 12; I Ball 11; Swimming 9-12. **Cata Flores:** Band 9; Junior Mentor 11; Mock Trial 11-12; Soccer 9-12; Spanish Competition 10,11; Swimming 9,11,12; Volunteers 12. **Ben M. Fowles:** Baseball 9-12; DECA 12; Football 9-12; I Ball 12; Wrestling 9-11. **Heather Franck.**



**Lovrenco Franicevic:** Swimming 12. **Greer Freeburg.** **Kyle Frizzell:** Hockey 9-12; Marching Band 9. **Danielle Fultz:** Big Sis/Lil' Sis 9; I Ball 11,12; I V-Ball 11; Play Cast/Crew 9,10; Softball 10-12; Track 11; Treble Choir 11.



**Angela Gabrielson:** All-State Participant 11,12; Basketball 9,10; Concert Band 9-11; Cross Country 10-12; Homecoming Court 12; I Ball 11,12; Large Group Contest 9-12; Madrigal 11,12; Senior Girls Club 12; Softball 9-12; Solo/Ensemble Contest 9-12. **Scott Gibson.** **Ali nor Gilchrist:** Amnesty International 9-12; Cross Country 9-12; Homecoming Court 12; I Ball 9-12; Student Council 9-12; Co-President 12; One Acts 11; Policy Committee 10,12; Terpsichore 10; Track 9-12; Volunteers 12. **Lisa Glantz:** Ambassador 11,12; Basketball 9; Cadet Teaching 12; Homecoming Committee 12; I Ball 12; Senior Girls Club 12; Student Council 12; Swimming 9; Track 9; Volunteers 12.



**Ben Godar:** I Ball 9-12; I V-Ball 11,12; Madrigal 11,12; One Acts; Play Cast/Crew 11,12; Student Senate 11; Thespians 11,12; TV Show. **Melissia Goehring:** Big Sis/Lil' Sis 9; Cheersquad 9-12; Freshman Choir 9; Concert Choir 10; Freshman Band 9; Mentor 12; Large Group Contest 9,10; Madrigal 9; Marching Band 9; Terpsichore 9-11; Treble Choir 9. **Kelly Good. Dustin Graham:** VICA 12; Volunteers 12.



**Boone Grant.** Abby Grebasch: Ambassadors 10-12; DECA 12; I Ball 12; I V-Ball 9-1; Volunteers 12. **Jenny Greenfield:** X-Country 11; DECA 12; Homecom. Court 12; I Ball 11,12; S-ball 9-12; Track 9-12. **Zachary Greenwood:** Band 11; I Ball 11; Key Club 11; Orchestra 11. **Sasha Grimm:** Cadet Teaching 12; Track 11.

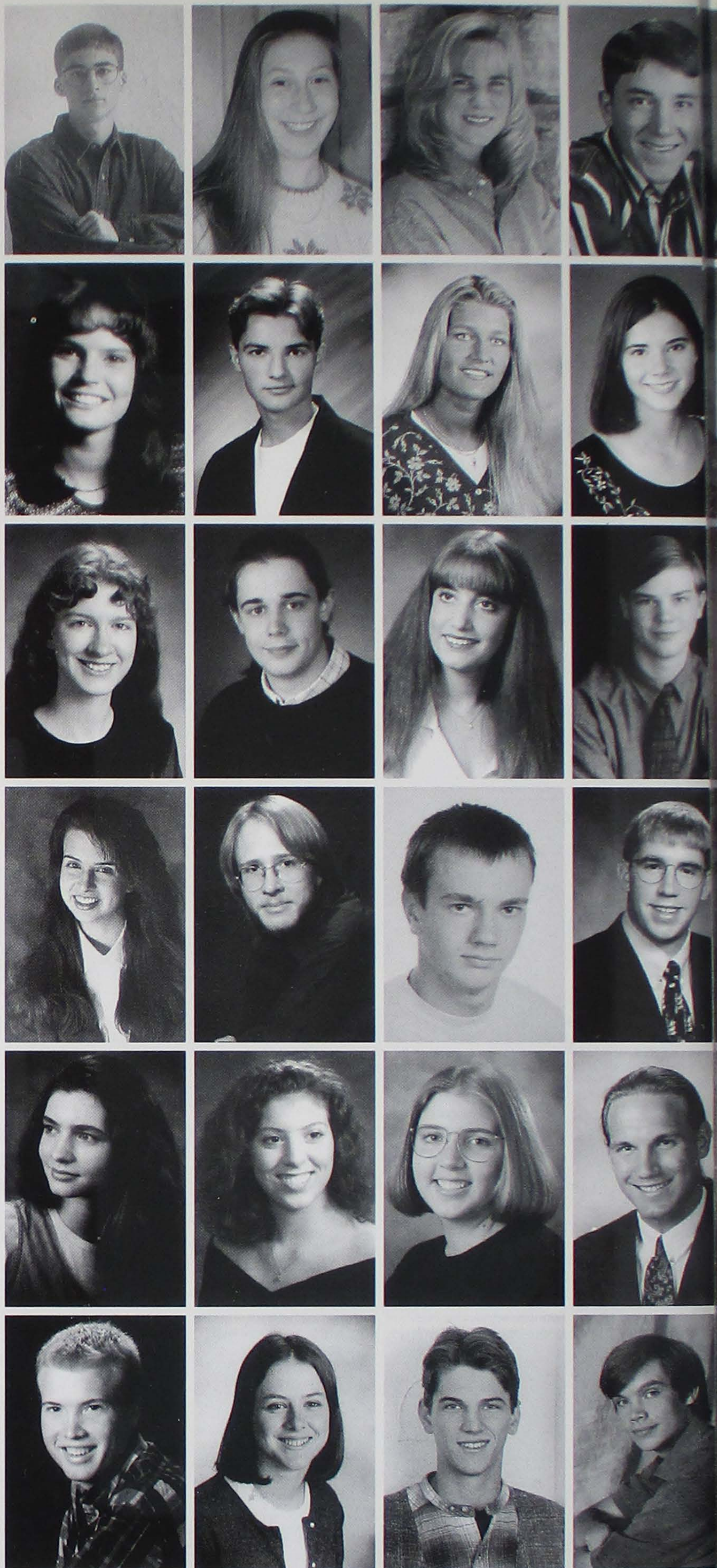
**Sam Grotewold:** X-Country 12; I Ball 11, 12; One Acts 11, 12; Play Cast/Crew 11, 12; Speech Club 12; Spirit Staff 11, Editor 12; Student Council; Terp. 11; Thespians; Track 12. **Ashley Grundmann:** BB 9-12; S-ball 9; Track 9-12; V-ball 9-12; Volun. 11, 12. **Gretchen Guffy:** Am. Int'l 12; BB 9,10; X-Country 9-12; Homecom. Court 12; I Ball 11,12; SPad Board 12; Tennis Team 9-12; Volun. 11, 12; WEB Staff 11,12.

**Sarah Nell Hagge:** OM 11, 12; One Acts Director 12; Play Cast/Crew 9-12; SPad Board 10-12; Thespians 10-12; TV Show 12. **Hiland Hall:** Peer Helping; Student Council; TV Show. **Jennifer Hallihan:** Ambass. 11,12; BB 9,10; X-Country 11,12; DECA 12; I Ball 12; Sr. Girls Club 12; Track 9-12. **Alan Hardy:** Movie Club 12; One Acts Director 12; Play Cast/Crew 9-12; Thespians 10-12.

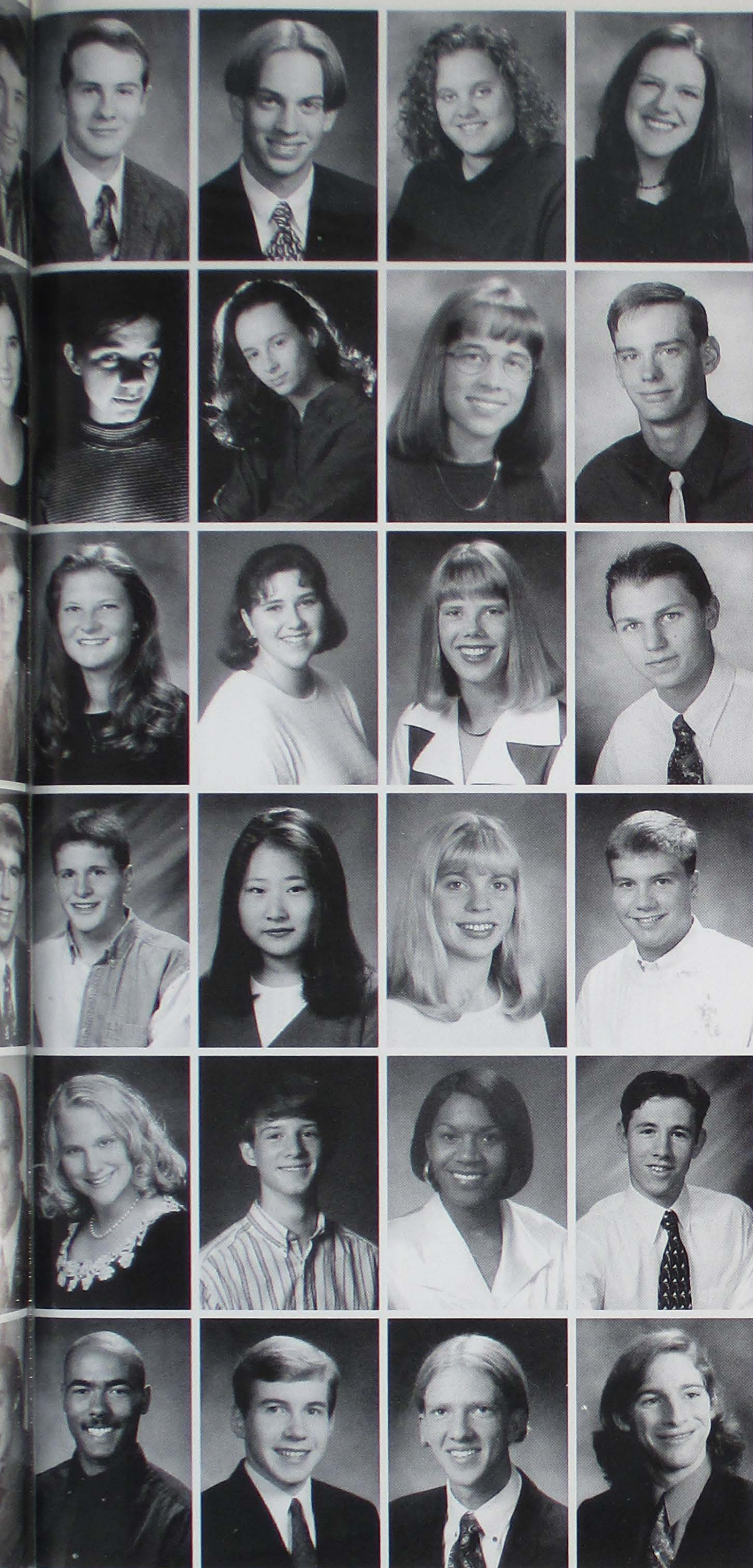
**Brooke Harker.** Dion Harmon. Frank Hassel: Play Cast/Crew 12. **Andrew Hatfield:** Football 10-12; I Ball 9-12.

**Elizabeth Hathaway.** Kristina Hawbaker: Choir 9-11; X-Country 11; I Ball 11; Sr. Girls Club 12; Solo/Ensem. Contest 9-11; Track 9-12; V-ball 9,10,12; WEB Staff 11,12. **Andrea Hawkins:** Choir 9-12; I Ball 10,11; Jazz Band 12; Madrigal (Band) 12; Pep Band 9-12; Band 9-12; Trainer 11, 12; V-ball 9,10. **Matthew Healy:** X-Country 9-12; Play Cast/Crew 10-12; Rules Comm. 11; SPad Board 10,12; Speech Club 10-12; Student Council 11,12; Terp. 10,11; Thespians 11,12.

**Tony Hefflefinger:** Choir 9-11; I Ball 11,12. **Allison Hefley:** Band 9,10; X-Country 9, 10,12; Madrigal 10,12; Pep Band 9,10; SPad Board 10; Speech Club 10,12. **Tanner Hensley.** Jacob Hiett: Choir 9-12; Madrigal 9-12; Play Cast/Crew 9-11; Solo/Ensem. Contest 9, 10; Thespians 10, 11.







**Gregg Hoenig**. **Chris Hoffman**: Hockey 9,10; I Ball 12; Officer 9,10; Student Council 12; Student Senate 9,10; TV Show 12. **Katherine Holger**: Ambass. 11; Con. Band 9-11; I Ball 9-12; Pep Band 10,11; Track 10. **Jaime Horst**: Big Sis/Lil' Sis 9; Track 9-11.

**Darci Catorci Horton**: Ambass. 10-12; X-Country 10; Homecom. Court 12; Mock Trial 10,11; Policy Comm. 11,12; Student Council Co-President; One Acts 11,12; Play Cast/Crew 9-12; Student Council 9-12; Thespians 10-12; TV Show 12. **Meridith Horton**: Cheersqd 11,12; Band 9-11; Choir 10,11. **Laura Howard**: Band 9-12; I Ball 9-11; IV-Ball 9-11; Marching Band 9-12; Symphonic Band 12. **Shawn Houston**.

**Andrea Hugdahl**: Choir Secretary 9-12; Band 9-12; Con. Choir 9-12; I Ball 10, 12; Madrigal 12; Orchestra 9-12; Sr. Girls Club 12; Solo/Ensem. Contest 9-12; Volleyball 9-12; Volun. 12. **Lori Hunger**: Ambass. 11, 12; Am. Int'l 11, 12; Choir 9,10; Madrigal(Play) 11,12; One Acts 10, 11; Play Cast/Crew 9-12; SADD; Speech club (Large group) 10-12; Thespians 12; Student Senate 10,12. **Michelle Hunziker**: BB 9,10; Band 9,10; Homecom. Comm. 12; I Ball 12; Student council 9; Sr Girls Club 12; Track 9-12; V-ball 9-12; Student Council. **Nathan Hutchison**.

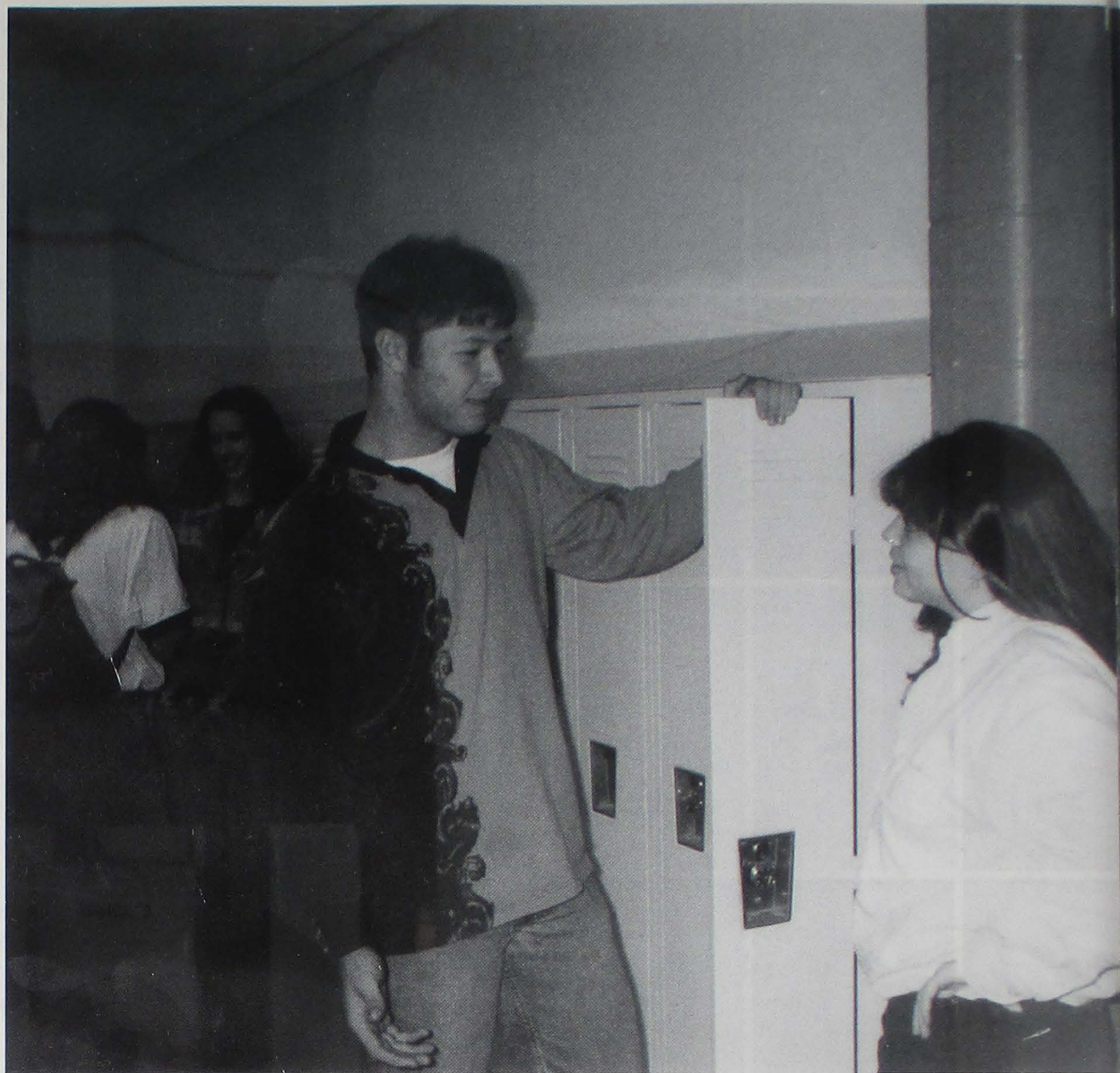
**Justin Hyde**. **Soung Hee Hyun**: Human Rel. Comm. 12; Key Club 11. **Allyssa Immel**: Freshman Choir 9; Terp. 12; Trainer 9. **Patrick Inglett**: Baseball 9-12; BB 9-12; Football 10; Peer Helping 10.

**Emily Jahr**: BB 9,10; Band 10-12; Choir 10-12; Homecom. Comm. 12; Orchestra 10-12; Solo/Ensemble Contest 9-12. **Evan Jeffery**. **Karyn Jetter**: BB 9,10,12; Band 9,10; I Ball 11; Track 9-12; V-ball 9,10; Volun. 11,12. **Nathen Johansen**: Con. Band 9-12; Pep Band 11,12.

**Bryce Johnson**: Student Council 9-11; Swim-10-12. **Chris Johnson**: DECA 12; I Ball 9-12; Student Senate 12. **David Johnson**: X-Country 9,10; I Ball 11-12; Swim 9,10. **Dan Johnston**.



Advice is one thing seniors seemed to need right as graduation approached. Seniors Cata Flores and Gabe Padilla decided to give each other advice in between classes. Lockers seemed to be the ideal place to talk to friends for the occasional breather.



## What's the best/worst advice you've gotten

Don't study for your chemistry final. It's easy!

*Abby Grebasch*

My best advice I ever got was 'just say no.'

*Alexa Van*

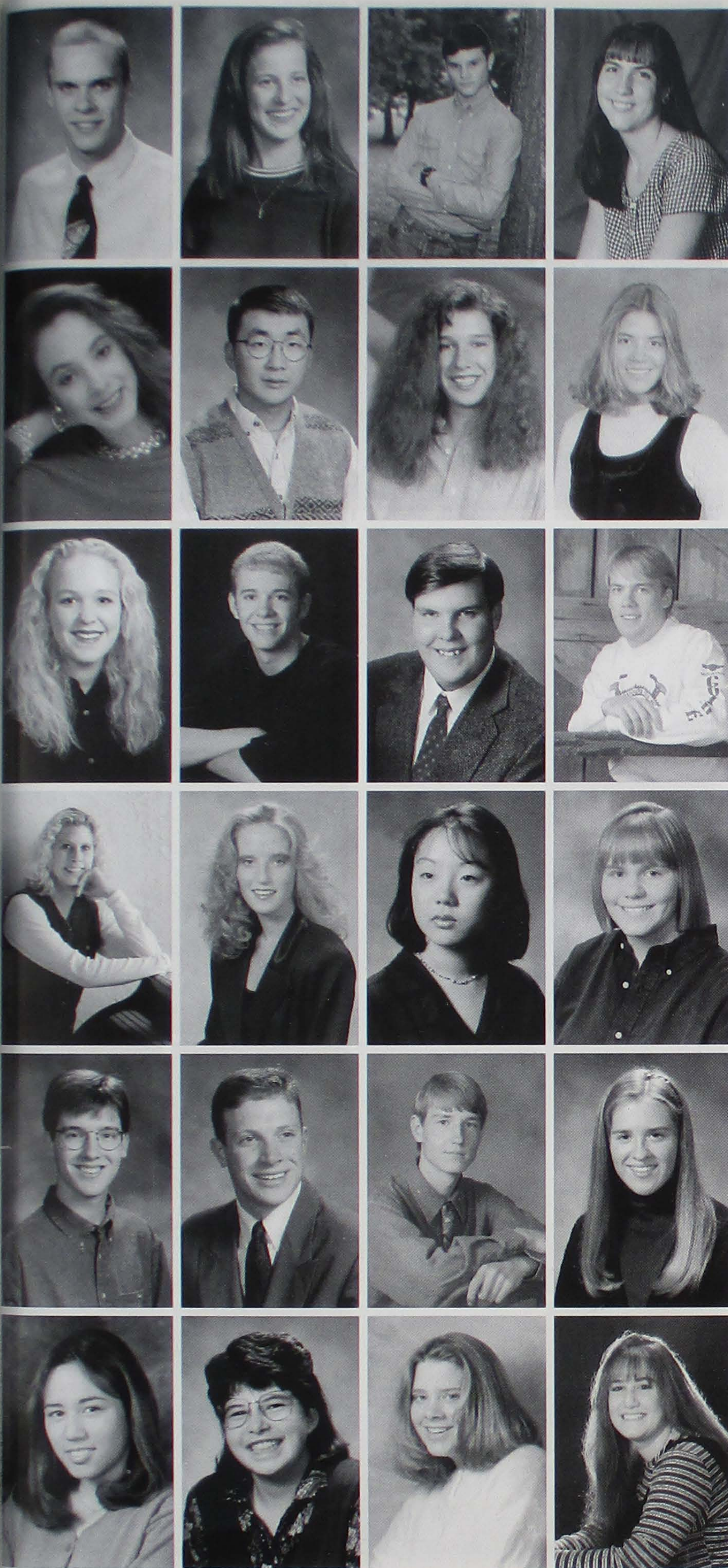
My best advice I ever got was to stay in school.

*Doris M*

Second semester grades do REALLY matter.

*Michelle Roberts*





**Zach Kellen:** I Ball. **Jessica Keller:** Ambassador 10-12; Cadet Teaching 12; I Ball 12; Senior Girls Club 12; Student Senate 12; Track 9-12; Volleyball 9-12. **Kit Kelly.** **Deanna Kepley.**

**Kara Kerr.** **Christopher Kihl:** Concert Band 9; Golf Team 12; I Ball 10-12; Marching Band 9; Soccer 11, 12. **Michelle Klatt:** Basketball 9-10; Big Sis/Lil' Sis 9; DECA 12; Golf Team 9-12; I Ball 11, 12. **Heather Kliebenstein:** Big Sis/Lil' Sis 9; Concert Band 9; Homecoming Committee 12; I Ball 12; Marching Band 9; Senior Girls Club 12; Softball 9,10; Track 9,10; Volleyball 9-12.

**Paige Knutsen:** Basketball 9; Big Sis/Lil' Sis 9; Concert Choir 9; I Ball 10,11; Large Group Contest vocal 9; Play Cast/Crew 9,10; Swimming 9-12; Track 9,10; Volunteers 11,12; Senior Mentor 11,12. **Jeff Koch:** I Ball 12; I V-Ball 12; Jazz Band 11,12; Key Club 11; SADD 12; Solo/Ensemble Contest 11,12; Spanish Competition 11; Tennis Team 9-12; I-Bowling 12. **Robert Krogmeier.** **Adam Kruger:** I Ball; I V-ball.

**Heidi Kubera:** Cheersquad 9-12. **Billie Jo Lay:** Cadet Teaching 12; Concert Choir 12; Large Group Contest 12; Peer Helping 11. **Amy Lee.** **Jennifer Lescaleet.**

**Tony Lombardo:** I Ball 9-12; Peer Helping; Web Staff 12. **Matthew Loney:** Football 11,12; I Ball 11,12; Track 11,12. **Ryan Long:** Concert Band 9-12; Marching Band 9-12; Pep Band 9-11; Track 11. **Shannon Lott:** Big Sis/Lil' Sis 9, Concert Band 9-12; Health Occupations 12; I Ball 10-12; I V-Ball 9-12; Marching Band 9-12; Pep Band 9-11; Trainer 10-12.

**Katherine J. Loveland:** Ambassadors 10-12; Cheersquad 10-12; Concert Choir 10; Senior Girls Club 12; Spirit Staff 11; Terpsichore 10,11; Track 10,11; WEB staff 10,11; **Suzie Lustgraaf:** 100th Green Butterfly; Track; Special Olympics.

**Annelise Lutz.** **Rebecca Madsen:** Ambassadors 11, 12; Big Sis/ Lil' Sis 9; Student Council 11; Student Senate 10,11; Volunteers 9-11.



**Katherine Marvick:** Concert Band 9-12; Marching 9-12; Swimming 9-12. **Elizabeth Matney.** **Katie McDowell:** Terp. 12; Choir 11,12; Madrigal 11-12. **Bill Mc Duffee:** Amba.11,12; Football 10-12; I Ball 9-12.

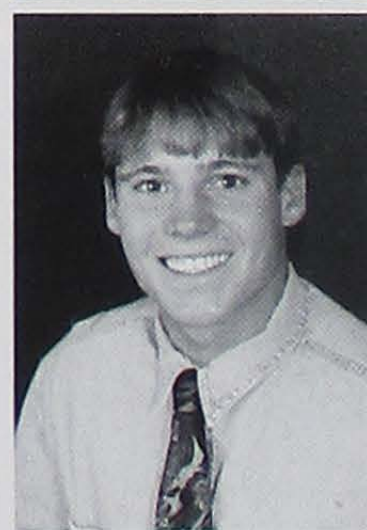
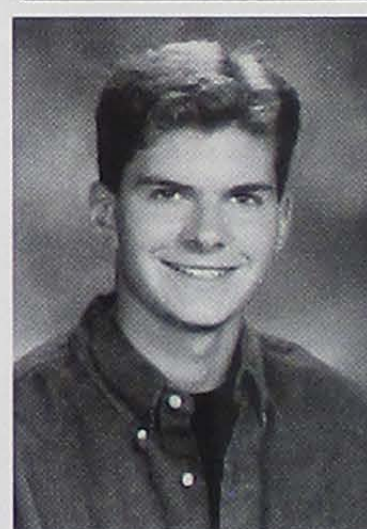
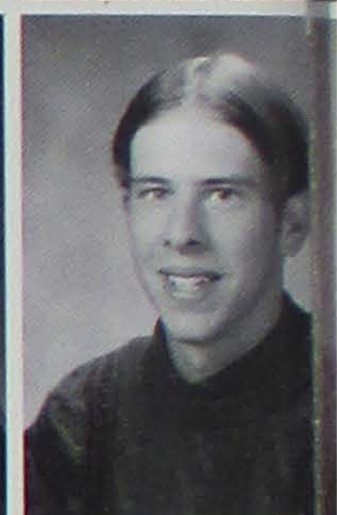
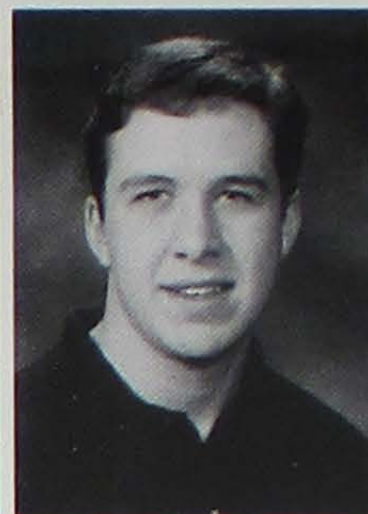
**Edward McElvain:** Amba. 11,12; Band 9-11; I Ball 9-12; I V-Ball 11,12; Play Cast/Crew 11,12; Student Sen. 11; Thesp. 12; Volun. 12; Twister Club 11,12. **Nathan McKern:** Football 10-12; I Ball 10-12. **Chris Melvin:** Football 9-12; I Ball 9-12; Track 9-12. **Chris Meyer:** OM 9; One Acts (Director) 12; Play Cast/Crew 10-12; Spad Board 9; Terp. 11; Thes. 11,12.

**Keyea Meyer:** I Ball 12; Boys Swim Man. 12; Sr. Girls Club 12; Swim 9-12; Terp. 11; Volun.12. **Naila Meyers:** Band 9-12; Choir 9-12; X-Country 10-12; Debate 9-11; Student Coun. Off. 12; Orch. 9-12; Sr. Girls Club 12; Solo/Ensem. Contest 9-12; Speech Club 10-12; SPIRIT Staff 12; Student Council 11,12; Track 9-12; WEB Staff 12; Mentor 12; FCA 12. **Brandon Miller:** Mock Trial 9-11. **Brett Miller :** Baseball; I Ball.

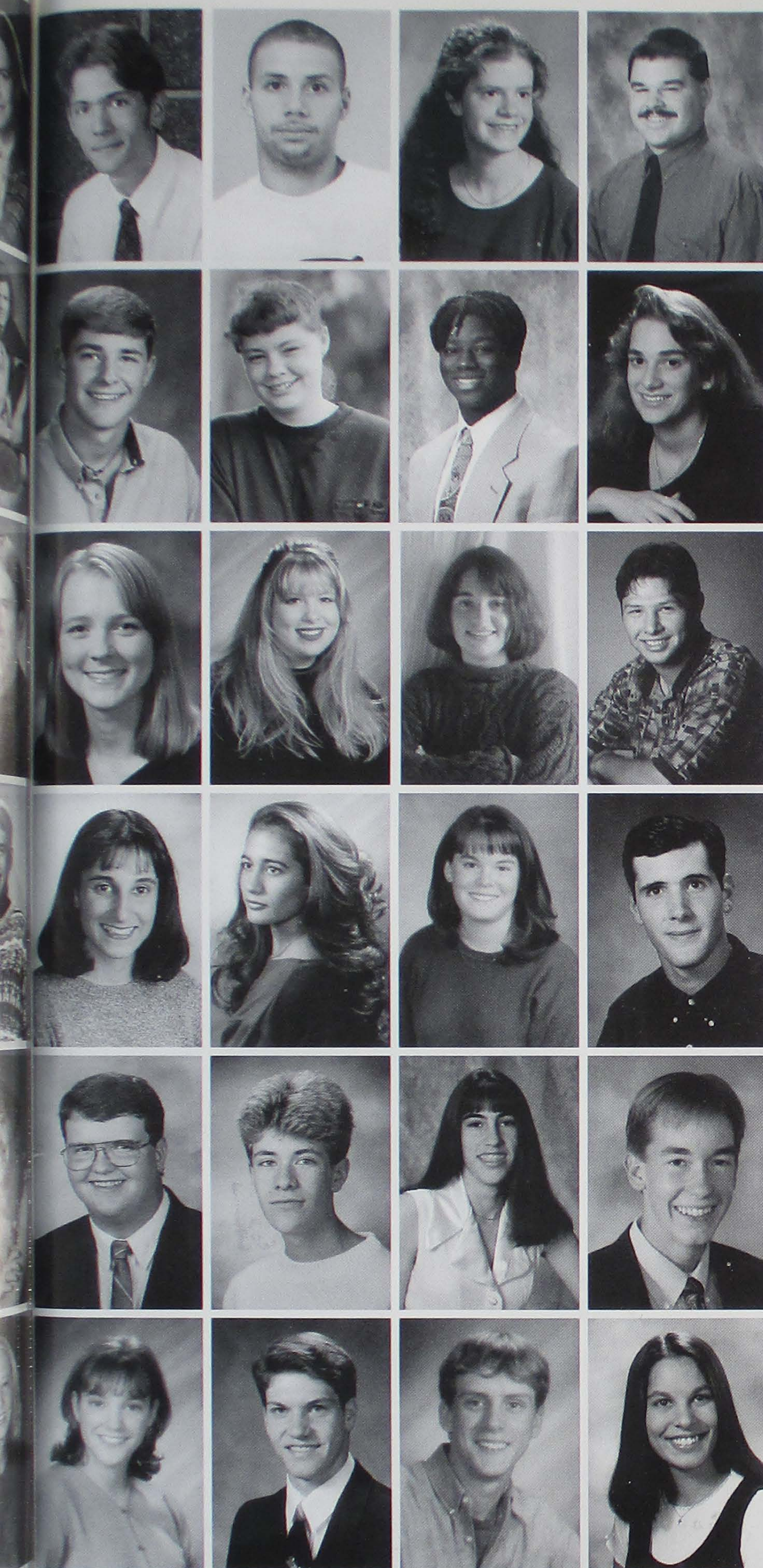
**Lauren Miller:** BB 9,10; Cheersqd 11,12; Sr. Girls Club 12; V-ball 9,11. **Symantha Miller:** X-Country 10-12; I Ball 10,12; Madrigal12; One Acts (Director) 12; Pep Band 9,10; Play Cast/Crew 10-12; Student Senate 12; Thespians 12; Track 9-12. **Leah Mills:** All-State12; Ambass. 9-12; Cadet Teach. 12; Choir 9-12; Madrigal 11-12; Play Cast/Crew 12; Solo/Ensem. Contest 9-12; SPIRIT Staff 10,11; Volun.10-12; WEB Staff 11-12; Mentor11,12. **Steve Mills.**

**Jason Minion:** Ambass. 11,12; Con. Band 9-12; Jazz Band 11,12; Madrigal 11,12; Orch.11,12; Pep Band 10-12; Solo/Ensem. Contest 11; Track 9-12. **Ujjaini Mitra:** All-State 9-12; Chamber Orch.11,12; Choir 9-12; Madrigal 11,12; Mock Trial 9-12; Orch. 9-12; Solo/Ensem. Contest 10-12; Swim 9-11; Terp. 12. **Ben Moehlmann:** 100th Green Butterfly 9,10; Chess Club 9-11; OM 11; Orch. 9-11; Play Cast/Crew 11. **Sommer Mohs:** Golf 11,12; Homecom. Comm. Chair 11,12; Softball 9,10; V-ball 9-12.

**Dustin Morrison:** Baseball; Football 9; Hockey 9-12; Homecom. Court 12; I Ball; Peer Helping. **Richard Morrison:** TV Show. **Julia Muljadi.** **Jill Muller:** BB 9-12; X-Country 12; Homecom.12; Rules Comm. 10; Student Council 9-12; Tennis Team 9-12; V-ball 9,10; Volun.12..







**Bryan Myers. Corey Myers. Emily Myers:** Amnesty Int'l 11; Chamber Orch. 10,11; Madrigal 11,12; Mock Trial 9-11; Orchestra 9-12; Scratch Pad Board 11,12; Solo/Ensem. Contest 10-12; Speech Club 10,11. **Robert Nelton:** DECA 12.

**Justin Nemitz:** Football 9,10; I Ball 12; VICA Officer; Soccer. **Shawn Netolicky:** Ambas. 12; Student Senate 12; Volun. 12. **Abdul Nuhu:** I Ball 12; Soccer 9-12; TV Show 11. **Meghan O'Neill:** Health Occup. 12; I V-Ball 11,12; Track 10-12.

**Amy Olson:** Ambas. 11,12; Basketball 9-12; Cadet Teach. 12; Con. Band 9-11; Environ. Comm. 9,10; Track 9,10. **Lisa Ottoson. Noelle Padgitt:** Ambas.; Amnesty Int'l; Con. Band; Con. Choir; March. Band; Orch.; Soccer; Solo/Ensem. Con.; Speech Club; Student Council; Swimming. **Gabriel Padilla:** Chamber Orchestra 9-12; I Ball 10-12; Jazz Band 9-12; Large Group Contest 11; Orch. 9-12; Soccer 9-12.

**Ellie Palmas:** Ambassadors 12; Choir 9-10; Homecom. Comm. 12; I Ball 11,12; Sr. Girls Club 12; SPIRIT 12; Swimming 9-11; Volunteers 12; Mentor 12. **Sonia Panigrahy. Jill Pattinson:** Cross-Country 11; Sr. Girls Club 12; Volleyball 9,10; Volunteers 12. **Austin Payne:** Concert Band 9,10; Marching Band 9,10.

**Wesley Payeur. William Pendry. Christine Peterson:** Ambassadors 11,12; Concert Band 9; I V-Ball 9,12; Peer Helping 10. **Matthew Peterson:** Band 9-12; I Ball 9,10,12; March. Band 9-12; Orch. 11,12; Soccer 9-12; Solo/Ensem. Contest 11-12.

**Melissa Peterson:** Cadet Teaching 12; Cheersqd 10-12; X-Country 11,12; Homecom. Comm. 12; Sr. Girls Club 12; Terp. Choreo. 11,12; Track 9,10; Volun. 12. **Kerry Phillips:** Con. Choir 10; Debate 10,11; I Ball 10; Play Cast/Crew 11,12; Thesp. 12; TV Show 12. **Mike Popelka:** Baseball 9-12; Football 10; Homecom. Court 12; I Ball 9-12; I V-Ball 11,12; Madrigal 11,12; One Acts Director 12; Play Cast/Crew 11,12; Student Senate 12; Thespians 11,12. **Trisha Popelka:** Ambas. 10-12; Cheersqd 10-12; Choir 9-12; Peer Helping 11.



As always, the lobby was the place to be for seniors who had no where else to be. Seniors Beccy Madsen and Bill McDuffee took time out to talk. The lobby was also a great place for people to wait for older siblings so they could get a ride home.



## Where do you see yourself in 20 years?

Happily married with the man of my dreams and memories of my Australian honeymoon.

*Maggie Skudt*

I either see myself dead, in jail or the hugest rock star on the whole planet.

*Sam Hunsicker*

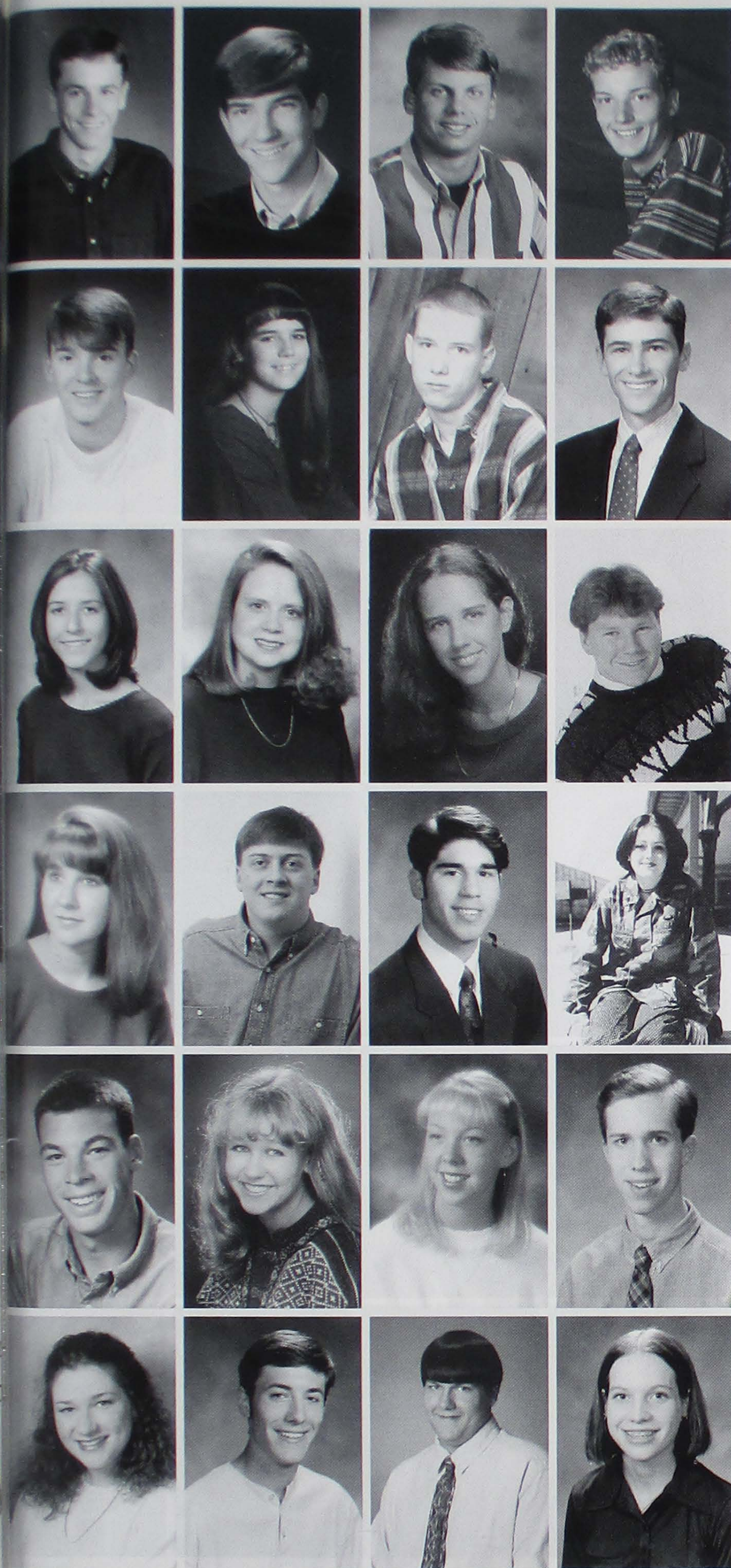
I see myself as Commander of the Top Gun Air School in Florida.

*Anthony Greenwood*

I see myself married in an average sized house with a good job, kids, and kittens and puppies.

*Robin Schinwald*





**Matt Pyle:** Cross Country 10,11; I Ball 10; Track 9,10; Wrestling 9. **Josh Raines:** I Ball 10; Wrestling 9. **Michael Recker:** Baseball 9-12; Basketball 9,10; Football 9-12; I Ball 11, 12. **Jeremiah Redmond:** DECA 12; I Ball 12; I V-Ball 12; Soccer 9-12; I Bowling; Track 10.

**Jon Reed:** Basketball 9; Cross-Country 10; DECA; I Ball 10; Lighthouse 12; Revival 11,12; Track 10. **Jennifer Rehbein:** Big Sis/Lil' Sis 9; Concert Choir 10; Large Group Contest 9-11; Marching Band 11,12; Treble Choir 11; Twirlers/flag corps 11,12; Volunteers 11. **BJ Ridnour.** **Ryan Ridnour:** Baseball 9-12; Basketball 9,10; Golf Team 9-12; I Ball 11,12; Track 9-12.

**Carisa Ripley:** Cross-Country 11; Homecoming Committee 12; Senior Girls Club 12; Swimming 9; Terpsichore 9-12, Choreographer 11,12; Track 9,10; WEB Staff 12. **Charity Roberts:** Cheersquad 9-12; Concert Choir 10; Concert Chorale 12; Freshman Choir 9; Student Senate 11-12; Treble Choir 11,12. **Michelle Roberts:** Big Sis/Lil' Sis 9; Cross-Country 9-12; I Ball 10; Track 9-12. **Jeffrey Rodgers:** Swimming 12; Model U.N. 12.

**Amy Rohden:** Big Sis/Lil' Sis; Concert Choir; Peer Helping; Swimming Manager. **Dan Rood.** **Evan Rosenberg:** Baseball 9-10; I Ball 9-12; Student Senate 12. **Melissa Rossato.**

**Jacob Rudolphi:** Basketball 9-12; Golf Team 9-12. **Erika Saari.** **Melissa Sampson:** Big Sis/Lil' Sis 9; Concert Band 9-12; Jazz Band 9-12; Marching Band 9-12. **Blair Schilling:** Concert Band 10-12; Drum Major 11,12; I Ball 9-12; Marching Band 9-12; Pep Band 11,12; WEB Staff 12.

**Robin Schinnow:** Concert Band 10-12; Concert Choir 10; Concert Chorale 11-12; Madrigal 12; Marching Band 9-12; Orchestra 12; Solo/Ensemble Contest. **Benjamin Schmitt:** I Ball 12; Soccer 9-12. **Nathan Schrad:** DECA 12. **Jessie Schram.**



**Elaine Serfass. Abbe Shapiro:** Amnesty International 12; Concert Choir 10; Human Relations Committee 10-12; I Ball 9-12; Scratch Pad Board 9; Senior Girls Club 12; Student Senate 9,12; WEB Staff 11,12. **Mike Shaw. Sabrina Shields:** All-State Part. 12; Solo/Ensem. Con. 9-12; Terp. 9-12; Con. Chorale/Choir 9-12; Madrigal 11-12; Band 10-12; Play Cast/Crew 9,10; Orch. 11,12; Jr./Sr. Mentor; Volun. 10-12;

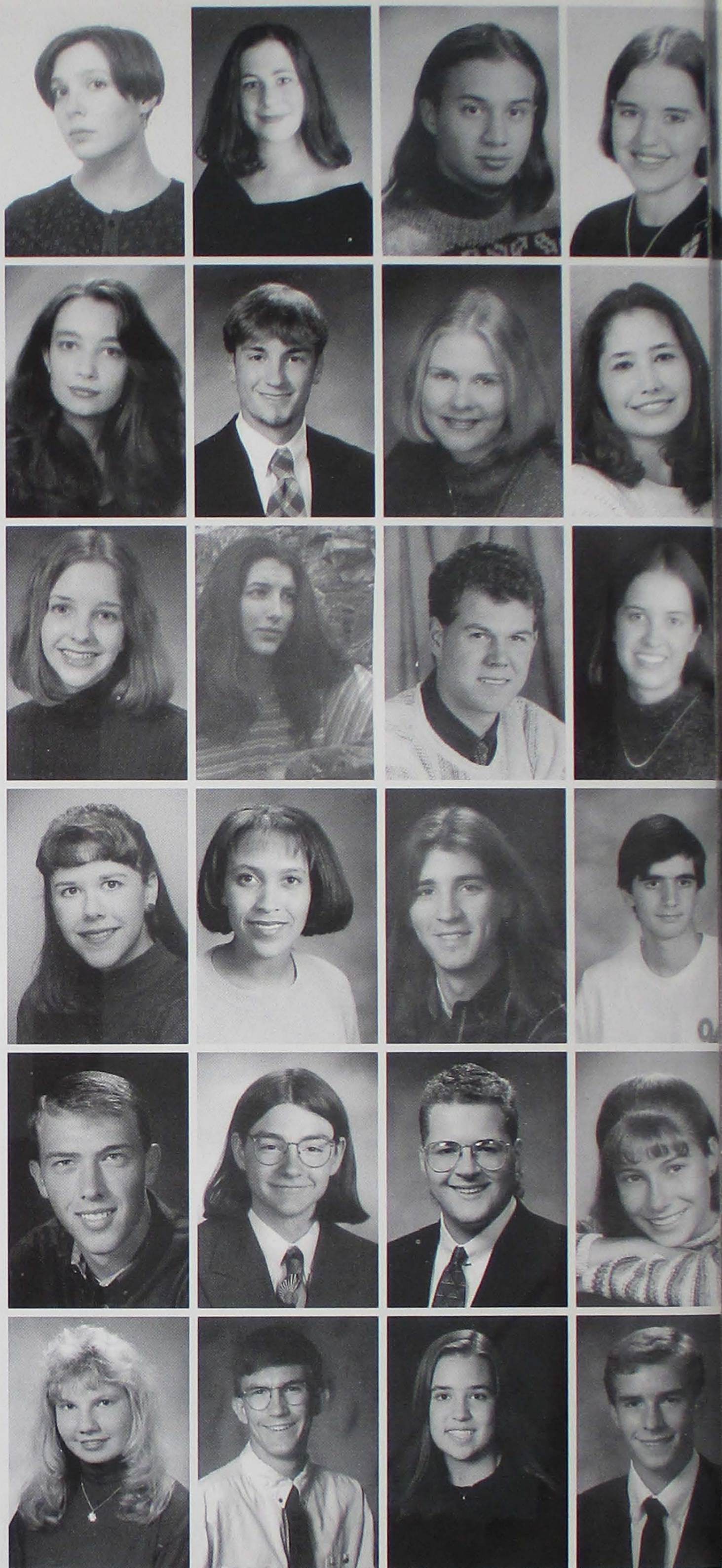
**Adrienne Shrader. Adam Shriver:** I Ball 10-12; Sen. Off. 11,12; Tennis Team 9-12. **Sarah Sienknecht:** Cadet Teach. 12; Cross County 12; Home. Comm. 12; I Ball 12; I V-Ball; SADD 12; Sr. Girls Club 12; Stu. Sen. 12; Volun. 12; FCA 12. **Emily Silet:** All State Part., Choir 11,12; Con. Band 9-12; Con. Chorale 9-12; Madrigal 11,12; Orch. 10-12; Pep Band 9-12; Play Cast/Crew 10; Solo/Ensem. Con. 9-12.

**Sara Skahill:** DECA 12; Rules Comm. 12; Tennis Team 9-11, Sr. Mentor. **Audra Slocum:** X-Country 10-12; Debate 9-11; I Ball 9-12; Play Cast/Crew 12; SADD 12; SPIRIT 12; Track 9-12; Volun. 12; WEB Staff 12. **Matt Smelser:** I Ball; Volun. **Amalia Smith:** Ambass. 10-12; Env. Comm. 9-11; Human Rel. Comm. 10-12; Policy Comm. 12; Sr. Girls Club 12; Stud. Coun. 11,12; Stud. Sen. 10; Terp. 10; Terp. Choreo. 11,12.

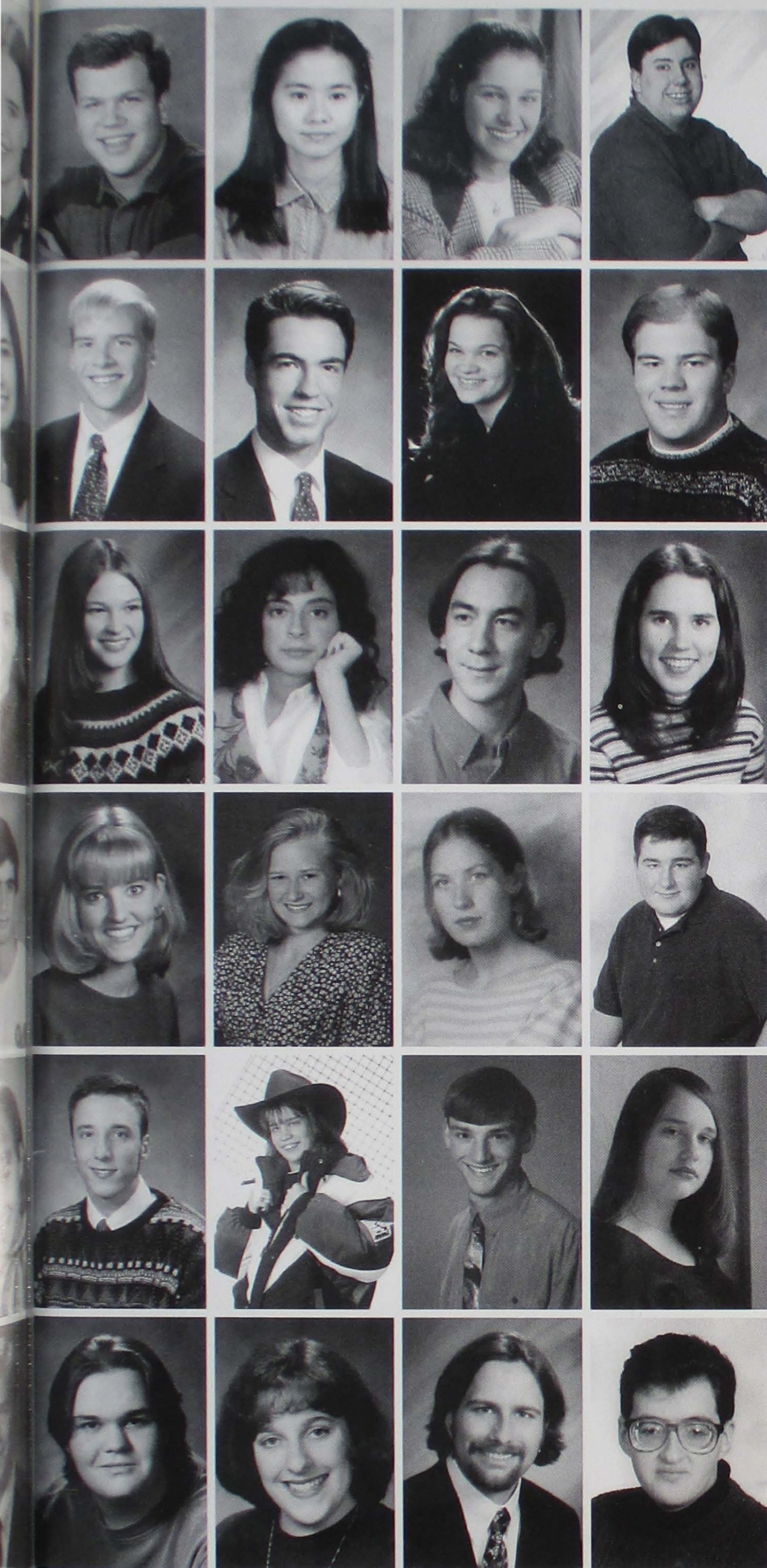
**Amy Smith:** Con. Band 9-11; Con. Choir 9-12; March. Band 9-11; Treble 11,12; Volun. 12. **Porshia Smith. Jason Sorenson. Victor Soukoulis.**

**Chad Spencer:** Baseball 9-12; DECA 12; Football 9-12; I Ball 9-12. **P. Benjamin Spike:** All-State Part. 11; Con. Choir 10; Choir 9-12; Madrigal 9-12; One Acts 11; Solo/Ensem. Con. 9-11. **Ben Stahly:** WEB Staff 11,12. **Margaret Staudt:** Con. Choir 9; DECA 12; I V-Ball 10-12; Treble 11,12.

**Megan Stegge:** Ambass. 10-12; Cheersqd. 9-12; Con. Band 9-12; March. Band 9-12; Play Cast/Crew 9-11; Terp. 10-12; Terp. Choreo. 11. **Paul Stewart:** Con. Band 9-11; X-Country 9-12; I Ball 12; March. Band 9-11; Track 9-12. **Sara Stolmeier:** Ambass. 11,12; Con. Band 9-12; I Ball 10-12; March. Band 9-12; Volun. 12. **Christopher Strasburg:** Con. Band 10-12; March. Band 9-12; Band Off. 12; Orch. 10-12; Solo/Ensem. Con. 10-12.







**Tony Streigle:** Football; I Ball; I V-Ball; I Bowling 12. **Chi-Chen Su.** **Lynn Summers:** Cheersquad 9-12; Choir 9-11; Senior Senate Treasurer; Student Senate 10,11; Swimming 9-12. **Jim Sundquist:** I Ball.

**Nathan Terry:** Football 9-12; Health Occupations; Homecoming Court 12; I Ball; Peer Helper; Student Council; Swimming 9-12. **Ryan Tesdall:** Baseball 9-12; DECA Officer 12; Football 9-12; I Ball 12; Student Council; Track 9-12. **Elizabeth Thompson:** Cheersquad 9,10; Key Club 11; Play Cast/Crew 10-12; Thespians 12. **Scott Thompson:** Baseball 9-11; Football 10; Golf Team 12; I Ball 9-12; Soccer 12.

**Stefaine Toftey:** Basketball 9; Track 10; Volleyball 9,11. **Nicole Torres.** **Matt Uemura:** I Ball 9-12; Soccer 9,10. **Megan Upchurch:** Environmental Committee 9,10; Freshmen Choir 9; Concert Choir 10; Power of One 9,10.

**Shannon Valline:** Big Sis/Lil' Sis 9; Cheersquad 10; Health Occupations 12; Freshmen Choir 9; Peer Helper 9; Terpsichore 11,12; Volunteers 12. **Kris Van Kerckvoorde:** Concert Choir 11; Treble 11. **Anneke van der Valk:** Ambassadors 11,12; Homecoming Committee 12; Senior Girls Club 12; Swimming 9-12; Track 9,10. **Jon Vanderwater:** I Ball 12; VICA 12; I Bowling 12.

**James Veverka.** **Heather Waterman:** Treble 11. **Jason Webb:** Cross-Country 12; I Ball 12; Track 11,12; Wrestling 11. **Melanie Westerberg:** 100th Green Butterfly 9,10; Amnesty International 12; AV-IMC Assistant 9; Scratch Pad Board 12; Terpsichore 9,10; Terpsichore Choreographer 11,12.

**Doug Westvold.** **Jennifer Whalen:** Ambassadors 10-12; Freshman Choir 9; Concert Choir 10; Concert Chorale 11-12; I V-Ball 9-12; Large Group Contest, Vocal 9-12; Madrigal 12; Play Cast/Crew 10; Solo/ Ensemble Contest 9-12; SPIRIT Staff 11,12; Terpsichore 10-12; Terpsichore Choreographer 11,12; Treble 9-12; Volunteers 12; WEB Staff 12 I S-ball 9,10. **Aaron Whiteford:** Cross-Country 9-12; I Ball 12; Track 9-12. **Brian Whitham:** Special Olympic Swimming 9-12.



Welfare week was a time seniors could show their talent in various activities. Seniors Chad Curtis, Patrick Inglett, Mike Popelka, Frank Hassel, Akash Giri and Rick Morrison shared the spotlight during the variety show sponsored by the student council. This year welfare week raised money for the Boys and Girls Club of Ames and the Shelter for Battered Women.



The last day of school for seniors was a time to take as many pictures as possible. Junior Jason Rearick, seniors Abbe Shapiro and Cassie Clyde, and sophomore Erin Wentworth took the opportunity to pose for a picture during Web.

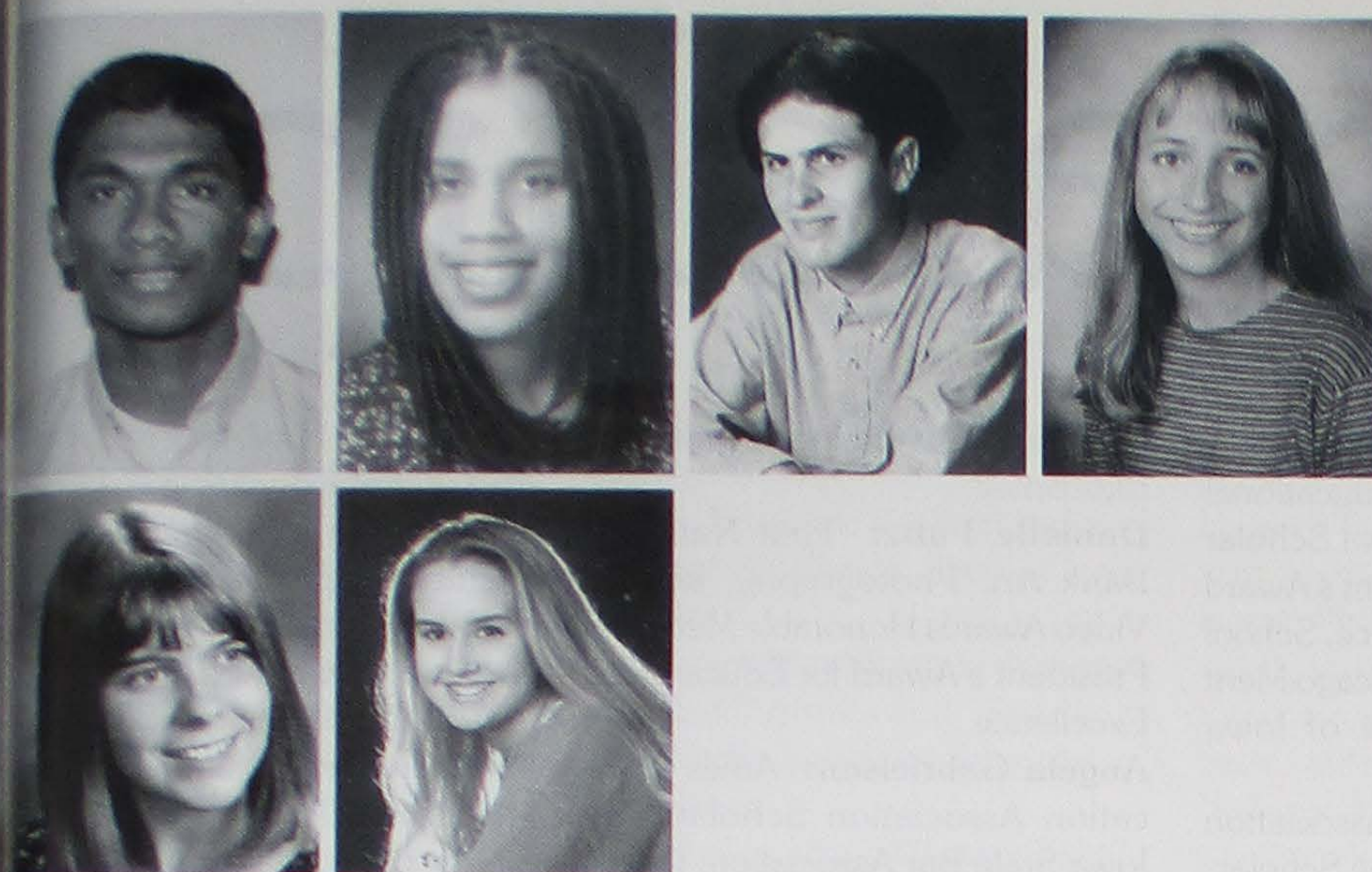


Senior parties were a hot commodity this year, and they were a great way to relieve stress. Amalia Smith watches her friends get down at their senior party. Many students found going to parties was a great way to have fun.



One thing seniors had the opportunity to participate in was the madrigal dinner. Some of the seniors who participated in the dinner posed for family and friends. The madrigal dinner was a chance for the music department to show off their talent and to have fun.





**Thulitha Wickrama:** 100th Green Butterfly 9,10; Chess Club 9,10; Play Cast Crew 11; SADD 9,10; Track 11. **Ginny Wilson.** **Greg Wipf:** Cross-Country 10; Track 10; VICA 12. **Abigail Whitt:** Basketball; X-Country 10-12; Homecoming Comm. 12; I-Ball 12; Senior Girls Club 12; Track 11,12; Volunteers 12.

**Emily Woline:** 100th G Butterfly 9-10; AV-IMC Asst. 9-10,12; Concert Choir 10; Freshman Choir 9; I V-ball 10-12; Large Group Contest (Vocal) 9-12; Play Cast/Crew 10-12; Soccer 11; Solo/Ensemble Contest 12; Swimming 9-10, 12; Thespians 11-12; Treble Choir 11-12. **Stephanie Wombacher.**



Graduation was a time to celebrate accomplishments seniors had made throughout the years. Senior Alicia Ackerman has a big smile as she completes 13 years of hard work. Graduation also allowed seniors to let loose and party.

## Not Pictured

Rufaida Abbasi  
 Matt Ballantine-Patton  
 Rose Bills  
 Andrey Bittner  
 Terrace Browner  
 Palanda Brownlow  
 Yu-Te Chu  
 Andre Fagundes  
 Marcelo Fagundes  
 Akash Giri  
 Laura Gunn  
 Blaine Hofmockel  
 Tabitha Jones  
 Laura Krumm  
 Jason Kugler  
 Joel Lingelbach  
 Moses Lueth  
 Paul Lueth  
 Elitza Markova  
 Jose McPherson  
 Theodore Murdock  
 Robert Patterson  
 Emily Peck  
 Martin Schmerr  
 Timothy Schroeder  
 Phoebe Silag  
 Shala Smith-Estes  
 Nathan Vander Schaaf  
 Geoffrey Van Zee  
 Travis White  
 Kiersten Wilcox  
 Tammy Wood



# Scholarships

**James Abbey:** Michael J. Draper Ames Junior Achievement Scholarship

**Nicole Achter:** President's Award for Educational Excellence

**Alicia Ackerman:** David Burton Stone Memorial Art Award First Place, School of Visual Arts, New York City, Silas B. Rhodes Art Scholarship

**Chris Allen:** Jeffrey Brown Memorial Video (High Tech Media) Award First Place

**Marlana Anderegg:** National Merit Commended Student, President's Award for Educational Excellence

**Jennifer Anderson:** Northeast Missouri State University President's Combined Ability Scholarship, President's Award for Educational Excellence, University of Iowa Howard and Ruth Schumacher Art Scholarship

**Dustin Avey:** Iowa State University Football Scholarship, President's Award for Educational Excellence

**Mark Bailey:** Iowa Federation of Labor AFL-CIO Scholarship, Luther College Larsen Presidential Scholarship, President's Award for Educational Excellence

**Jared Baker:** President's Award for Educational Excellence

**Matt Ballantine-Patton:** National Merit Commended Student

**Jeremy Bents:** President's Award for Educational Excellence

**Rose Bills:** ISU Music Scholarship, University of Northern Iowa Music Scholarship

**Rebecca Birch:** Lake Forest College Deerpath Art Scholarship

**Suzanne Block:** National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa, Richard and Trudy Reynolds Gift Fund Scholarship

**Palanda Brownlow:** Beckton-Dickerson/United Negro College Fund Scholarship, Dillard University Scholar, James Hardy Dillard Scholarship, National Black

Achievement Semifinalist, President's Award for Educational Excellence, State of Iowa Scholar

**Steven Chang:** President's Award for Educational Excellence, School of the Art Institute of Chicago Merit Art Scholarship, State of Iowa Scholar

**Sarah Chaplin:** Aid Association for Lutherans All-College Scholarship, C-SPAN's National Scholarship Delegate Winner, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar

**Carrie Christianson:** President's Award for Educational Excellence, University of Northern Iowa Freshman Achievement Award

**Ted Chu:** Ames Board of Realtors, Inc. Scholarship

**Mark Depristo:** National Merit Commended Student, State of Iowa Scholar

**Christopher Devens:** President's Award for Educational Excellence

**Emily Dobbs:** Marquette University School of Business Scholarship

**Cale Doyle:** Bernie Saggau Award, Industrial Technology Award

**Robin Epstein:** Ames Alumni Panhellenic Scholarship, Ames Woman's Club Scholarship, Beta Tau Delta Helen Jones Memorial Scholarship, Iowa State University Dept. of Journalism & Mass Communication Scholarship, Iowa State University Minna E. Kruckenburg Scholarship, President's Award for Educational Excellence

**Melissa Fatland:** President's Award for Educational Excellence

**Daniel Fincham:** National Merit Commended Student, President's Award for Educational Excellence

**Ana Catalina Flores:** American Business Women's Association, Silver Satellite Chapter Scholarship, Iowa State University George Washington Carver Tuition Scholarship, National Hispanic Scholar Recognition Program Finalist, National Merit Commended Student,

President's Award for Educational Excellence

**Danielle Fultz:** First National Bank Art, Photography, and/or Video Awards Honorable Mention, President's Award for Educational Excellence

**Angela Gabrielson:** Ames Education Association Scholarship, Iowa State Bar Association, Good Citizenship Awards, President's Award for Educational Excellence, State of Iowa Scholar, University of Northern Iowa College of Social and Behavioral Sciences

**Alienor Gilchrist:** National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Women's Cross Country and Track & Field Scholarship

**J. Boone Grant:** David Burton Stone Memorial Art Award Third Place, National Merit Scholarship Semifinalist

**Abigail Grebasch:** President's Award for Educational Excellence

**Sam Grotewold:** Simpson College Art Scholarship, Simpson College Scholarship, Simpson College Theater Scholarship

**Sarah Hagge:** National Merit Scholarship Semifinalist

**Hiland Hall:** Art Institute of Boston Merit Art Scholarship, David Burton Stone Memorial Art Award Second Place, Minneapolis College of Art & Design Merit Art Scholarship, National Art Scholastics Hallmark Award, School of the Art Institute of Chicago Merit Art Scholarship, Tufts University School of Museum of Fine Arts, University of Iowa Mary Sue Miller Memorial Art Scholarship

**Jennifer Hallihan:** President's Award for Educational Excellence

**Brooke Harker:** Ames City Employees Credit Union, Dave McCoy Memorial Scholarship, University of Northern Iowa Theater Scholarship, First National Bank Art, Photography, and/or Video Awards Honorable Mention

**Dion Harmon:** National Merit

Scholarship Finalist, President's Award for Educational Excellence, Tandy Technology Scholarship

**Frank Hassel:** President's Award for Educational Excellence

**Kristina Hawbaker:** President's Award for Educational Excellence

**Matthew Healy:** Jeffrey Brown Memorial Photography Award Fourth Place, Macalester College Scholarship, National Merit Scholarship Finalist, President's Award for Educational Excellence, State of Iowa Scholar

**Allison Hefley:** President's Award for Educational Excellence

**Tanner Hensley:** Industrial Technology Award

**Katherine Holger:** Iowa State University Academic Recognition Scholarship, Luther College Presidential Scholarship, President's Award for Educational Excellence, St. Olaf Scholarship

**Andrea Hugdahl:** Iowa State University Academic Recognition Scholarship, President's Award for Educational Excellence, State of Iowa Scholar, Tandy Technology Scholar

**Michelle Hunziker:** Iowa State University Academic Recognition Scholarship, President's Award for Educational Excellence, State of Iowa Scholar, Tandy Technology Scholar

**Emily Jahr:** Waldorf College Special Ability Award

**Evan Jeffrey:** Drake Physics Prize, National Merit Scholarship Finalist, President's Award for Educational Excellence

**Dan Johnston:** Mathematics Contest, National Merit Commended Student, President's Award for Educational Excellence, Washington University Compton 1 Scholarship

**Jessica Keller:** President's Award for Educational Excellence, Wendy Zimmermann \$1,000 Teacher Scholarship

**Heather Kliebenstein:** Iowa State University Academic Recognition Scholarship, Iowa State



# s and Awards

University Liberal Arts and Sciences Alumni Scholar, ISU Women in Science & Engineering, President's Award for Educational Excellence, State of Iowa Scholar, Sandy Technology Scholar, University of Illinois Academic Achievement Scholarship, University of Illinois Liberal Arts Honors James Scholar, Valentine Jobst III Memorial Scholarship

**Paige Knutson:** Jeffrey Brown Memorial Photography Award Second Place

**Jeffrey Koch:** Aid Association for Lutherans Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, Sandy Technology Scholar, University of Iowa Honors Program Dean's Scholarship

**Que Li:** Ames Noon Kiwanis

**Matthew Vincent Loney:** University of South Dakota Football Scholarship

**Keyea Meyer:** Jeffrey Brown Memorial Photography Award Third Place

**Christopher Meyer:** National Merit Scholarship Finalist, Scratch Pad Award

**Jaila Meyers:** DePauw University Rector Scholarship, Macalester College DeWitt Scholarship, National Merit Commended Student, President's Award for Educational Excellence, Principal's Leadership Award, State of Iowa Scholar, Sandy Technology Scholar, University of Missouri Alumni Association Central Iowa Scholarship, University of Missouri-Columbia on-Resident Scholar

**ymantha Miller:** President's Award for Educational Excellence

**eah Mills:** Ames High Alumni Scholarship

**ason Minion:** National Merit Commended Student

**jjaini Mitra:** Donnelly Marketing Scholarship, Iowa State University Academic Recognition Scholarship, Iowa State University George Washington Carver Tuition

Scholarship, Iowa State University Non-music Major Orchestra Scholarship, President's Award for Educational Excellence, State of Iowa Scholar

**Benjamin Moehlmann:** National Merit Commended Student, President's Award for Educational Excellence

**Jill Muller:** Ames Rotary Scholarship, EMC Insurance Company Sequiscentennial Scholarship, Iowa State Bar Association, Good Citizenship Awards, Mary Greeley Medical Center Auxiliary Health Career Scholarship, President's Award for Educational Excellence, Story County Voiture 285 of Forty and Eight Nursing Education Scholarship, University of Iowa Tuition Scholarship

**Emily Myers:** Lawrence University Trustee Scholarship, Macalester DeWitt Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Presidential Scholarship

**Amy Olson:** Ames High Alumni Scholarship, Ames Jaycees Scholarship, Beta Tau Delta Barb Binkley Scholarship, President's Award for Educational Excellence

**Noelle Padgitt:** President's Award for Educational Excellence, State of Iowa Scholar

**Ellie Palmas:** President's Award for Educational Excellence

**Austin Payne:** President's Award for Educational Excellence, State of Iowa Scholar

**Emily Peck:** President's Award for Educational Excellence

**William Pendry:** First National Bank Art, Photography, and/or Video Awards Honorable Mention, National Merit Scholarship Semifinalist, University of Northern Iowa One Year Full Tuition Art Scholarship

**Melissa Peterson:** Jeffrey Brown Memorial Photography Award First Place

**Matt Peterson:** President's Award

for Educational Excellence, State of Iowa Scholar, University of Iowa Honor's Program Dean's Scholarship

**Kerry Phillips:** Iowa State University Erben & Margaret Hunziker Engineering Scholarship, Iowa State University Merit Scholarship, National Merit Scholarship Finalist, President's Award for Educational Excellence, State of Iowa Scholar

**Ryan Ridnour:** President's Award for Educational Excellence, University of Iowa Tuition Scholarship

**Carisa Ripley:** Ames City Employees Credit Union, Dave McCoy Memorial Scholarship, Brent Anderson Memorial Scholarship, President's Award for Educational Excellence

**Michelle Roberts:** Colorado School of Mines Athletic Scholarship, Colorado School of Mines National Scholarship, National Merit Scholarship Finalist, State of Iowa Scholar

**Blair Schilling:** President's Award for Educational Excellence, Simpson College Honor Scholarship

**Robin Schinnow:** President's Award for Educational Excellence

**Loren Serfass:** Mathematics Contest, National Merit Scholarship Semifinalist

**Elaine Serfass:** National Merit Commended Student, President's Award for Educational Excellence

**Michael Shaw:** David Burton Stone Memorial Art Award Fourth Place, National Merit Commended Student, President's Award for Educational Excellence

**Adam Shriver:** National Merit Commended Student

**Phoebe Silag:** National Merit Scholarship Finalist, President's Award for Educational Excellence

**Emily Silet:** NCTE Achievement Award in Writing, President's Award for Educational Excellence, St. Olaf Scholarship

**Audra Slocum:** Art Institute of Boston Merit Photography Schol-

arship

**Matt Smelser:** Industrial Technology Award

**Amalia Smith:** Iowa State Bar Association, Good Citizenship Awards, New Mexico State University Alumni Scholarship, President's Award for Educational Excellence

**Victor Soukoulis:** Mathematics Contest, National Merit Scholarship Finalist, President's Award for Educational Excellence, State of Iowa Scholar

**Megan Stegge:** President's Award for Educational Excellence

**Sara Stolmeier:** Iowa State University College of Engineering Scholarship, Iowa State University Dr. and Mrs. Hindman Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar

**Chris Strasburg:** National Merit Commended Student

**Tony Streigle:** Shaffer's Auto Body Scholarship

**Lynn Summers:** President's Award for Educational Excellence

**Stefanie Toftey:** President's Award for Educational Excellence

**Anneke van der Valk:** National Merit Commended Student

**Jason Webb:** Buena Vista University, Master Teacher Scholarship, Iowa Annual Conference United Methodist Scholarship, Morningside College Methodist Grant

**Melanie Westerberg:** First National Bank Art Award, Honorable Mention, First National Bank Art, Photography, and/or Video Awards Honorable Mention, Scott Berryhill Memorial Scholarship

**Emily Woline:** Ames Arcadia Lodge Masonic Scholarship, Ames High Alumni Scholarship, Ames Woman's Club Scholarship, Beta Tau Delta Sheri Triplett Scholarship

**Stephanie Wombacher:** President's Award for Educational Excellence



Mr. Faas surprises his homeroom during the Christmas season by wearing a Santa Claus costume and conducting a coloring contest. As a result, both the students and Mr. Faas had fun.

Many students find it surprising to see a group of teachers have fun together outside of school. Nevertheless, English teachers Anette Rowley and Keith Carlson gather together with their colleagues at the Memorial Union to rehearse a skit.



Retiring staff members Ele Nore Tallman, Anita Dyer, Merle Garman, and Irene Kever pose for year-book for the very last time. Letting go of so many years of memories proved to be tough for both the retiring staff members and the students.



## Parting words: What the retiring staff had to say

It's a challenge for me to work with teenagers and to get them to think of their future and their goals and what to do to meet those goals.

*Ele Nore Tallman*

*Anita Dyer*

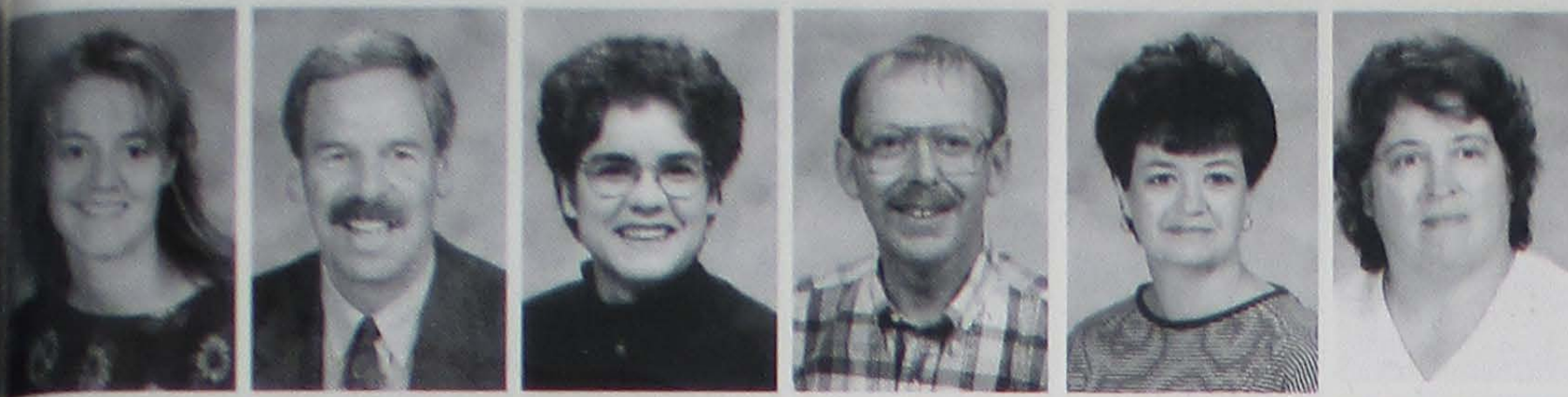
I'm dealing with potential all the time, potential of students and the potential of the subject.

*Merle A. Garman*

The job has changed because of computers. When I came we didn't have computers. Now we're automated.

*Irene Kever*





Chuck Achter  
Dawn Andersen  
Nancy Anton  
William Barrett  
Cindy Bland  
Carolyn Bolinger



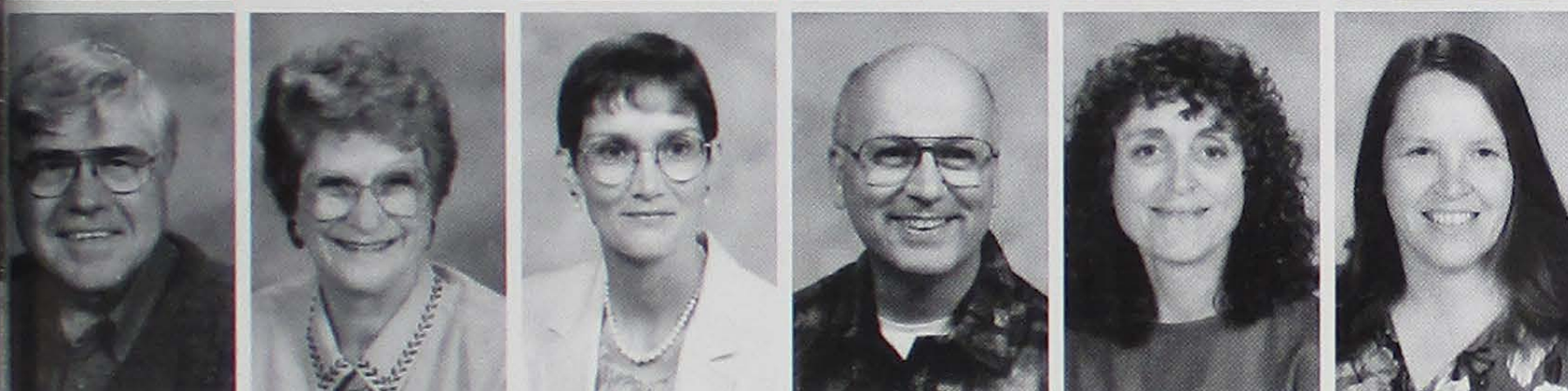
James Brockway  
Andrew Bruemmer  
Judy Brunner  
Karen Bruton  
Mary Buck  
Kim Burnett



Judith Burris  
Lo Ann Campbell  
Lucy Carey  
Judith Carlson  
Rudy Carter  
Neelum Chaudhry



Ron Chives  
Carol Crawford  
Harold Door  
Jim Duea  
Doug Elliott  
Chris Ewan



Donald Faas  
Elaine Faas  
Tracy Faber  
John Forssman  
Julie Freed  
Betty Furr



Merle Garman  
Homer Gartz  
Reggie Greenlaw  
Dorohy Gugel  
Marlyn Hanson  
Ken Hartman



Shelli Hassebrock  
Darin Johnson  
Tom Jorgesen  
Jane Jorgensen  
Alan Junck  
Ann Junker



Mark Jurgensen  
Mary Kautzky  
Jennifer Knight  
Richard Lang  
Leonard Larsen  
Diane Larson



Sue Lawler  
Ann Lee  
Bud Legg  
Steve Linn  
Ylene Longwell  
Cynthia Marten



Thelma Maxwell  
Leslie Maze  
Joan McNab  
Mary Mekemson  
Suzanne Mendelson  
Jack Mendenhall



Terri Mickelson  
Elizabeth Middleton  
Jean Miller  
Melody Miller  
K. Moody-Hendricks  
Sharon Morford



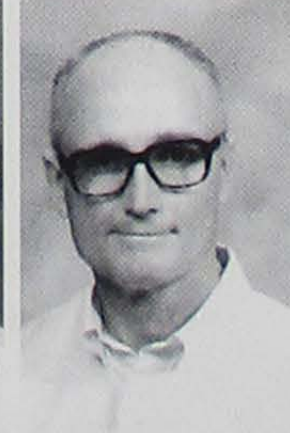
Leigh Nataro  
Jane Olson  
Alice Pannkuk  
Carl Pelzer  
Dee Penning  
Michael Petersen



Barbara Petereson  
Susie Petra  
Mary Kay Polashek  
Lynda Polston  
Dave Posegate  
Mark Ritland



Kirk Schmaltz  
Marvin Scott  
Amy Sengbusch  
Susan Shields  
Bernadette Siebert  
Vincent Simon







Norma Sisson  
Karleen Smith  
Mona Smith  
Chuck Stevens  
Kirstin Sullivan  
Nancy Svien



Karen Swanson  
Jerry Swenson  
Virginia Swenson  
Elenore Tallman  
Teresa Testroet  
Jack Troeger



Tony Vander Zyl  
Dan Versteeg  
Jerry Vos  
Mary Wauson  
Barbara White  
Richard White



Rose Wilcox  
Toni Woodman  
Hilary Ziebold  
Larry Zwagerman



Jessica Pohlman

English teacher Jody Barnes, who is known among her students as a teacher who knows how to make her class fun, had no trouble winning a staff person of the semester award.

## Not pictured

Darrill Abel, Stephen H. Adams, Linda Andorf, Jody Barnes, Ran Bredeson, Keith Carlson, Kirk Daddow, Karlene Garn, Robert Gibbons, Wayne Hansen, Pat Hatfield, Jill Hill, Steve Hosch, Rodger Jacobson, Phil Johnson, Tim Johnson, Dick Lang, Thomas Nehls, Anette Rowley, Sally Schonhorst, Julie Thompson, Dale Tramp, Bob Uetz, Bruce Vertanen, Mike Wittmer, Nikki Wittmer, Charles Windsor





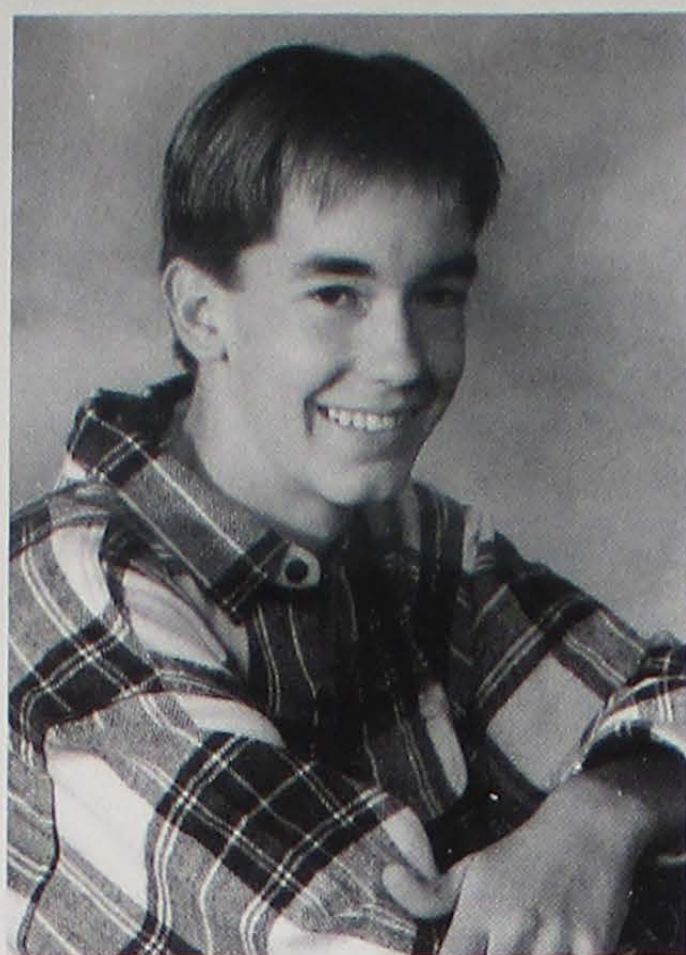




Travis Nichols

gri-Pro. Ames Silversmithing. Beacon Microcenter. Benson Motors. Beth Clarke Dance Studio. Craig Carroll. Cub Foods. Cy-Ride. Doran Clinic. Dr. Stark. Dr. Wass. Educational Resources. Emerhoffs. Fareway. 5th Season. Firststar Bank. Hy-Vee. JC Penney. Learning Changes. Lazy M Shoes. Lemstone Books. Maid-Rite. McDonald's. McFarland Clinic. Pete Tekippe. Save-U-More. Timeless Treasures. Valentinos. Wal-Mart. Wandling Engineering.





Matt,  
 Congratulations on your graduation!  
 All our love,  
 Mom and Dad  
 Emily, Nick, and  
 Timothy

Abbe Shapiro



You've always had style!  
 Love,  
 Mom, Dad, and Steve

Melanie Joy Westerberg  
 You never really leave a  
 place you love. Part of it  
 you take with you,  
 leaving a part of yourself  
 behind.

Our love always,  
 Mom, Dad, and Mark



Give  
 the  
 world  
 the best  
 you  
 have.  
 And the  
 best  
 will  
 come  
 back to  
 you,  
 As it  
 always  
 has.



Love,  
 Mom, Dad, and Megan

*Congratulations Kyle!  
 We're very proud of  
 you. The sky is the  
 limit when you have  
 a helpful smile.*

*Love  
 Dad, Mom  
 and Kari*



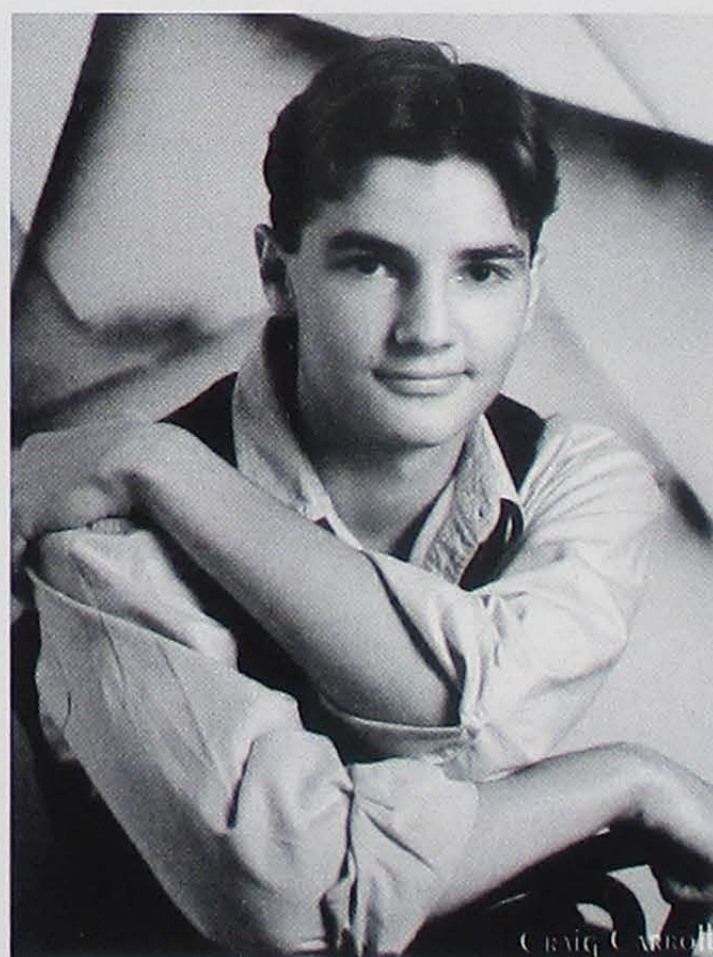
Stay Sweet!  
 Thanks for 18 happy  
 years. Come home  
 to bake any time.

Love,  
 Mom, Dad,  
 and "Mrs. Smith"

Congratulations,  
 Justin! We're very  
 proud of you and wish  
 you much happiness  
 and success in life. We  
 know you'll have fun.  
 Love, Mom, Noel, Jos  
 and Ted



Carrie  
 We love you and are so  
 very proud of you!  
 Mom, Dad, and Mike



SAM GROTEWOLD

*Congratulations!*

*\*Class of 1996, Ames High*

*\*Editor-in-Chief, SPIRIT*

*\*State Speech, 47 seconds,  
 Black Hawk Children's  
 Theater*

*\*Simpson College-bound*

*\*Great son and brother*

*Love,  
 Mom and Dad and Ben*



Megan Stegge



*"The greatest underdeveloped territory  
in the world lies under your hat."*

*-Einstein*

Godspeed on your continued  
discoveries. Love,  
Dad, Mom, Adam



*You can do all things  
through Christ  
who gives you strength.*

*(Phil 4:13)*

*Keep up the good work!  
We love you,  
Dad, Mom, Elizabeth,  
Jacob, and  
John*



Jill,  
We are so very proud  
of you, and we wish  
you the best your  
future has to offer.  
All our love,  
Mom, Bethany, and  
Nick



Naila Meyers

You are a wonderful daughter  
and sister.

Our Love is with you  
as you strive for your goals.  
Mom, Dad, and Beanie



We feel we have  
prepared you for  
your independence.  
We are confident  
you will make the  
right choices. We  
love you.  
Mom and Dad

You have brightened  
so many lives! We're  
proud of you and  
wish you a future of  
happiness, love, and  
success!

Love,  
Mom, Dad,  
Jason, and Cara



Ujjaini Mitra  
Congratulations Ujjaini!  
You filled our lives with  
love laughter and music.  
Reach for you dreams,  
we will always be behind  
you.

Love,  
Mom, Dad, Dipayan



Cale,  
What a joy you are.  
Thanks for some great  
memories! We wish you  
happiness always.  
With love, pride, and  
admiration,  
Mom and Dad



Congratulations!  
We wish you all the  
happiness in the  
future. We are so  
proud of you!

Love,  
Mom, Dad, and Brad



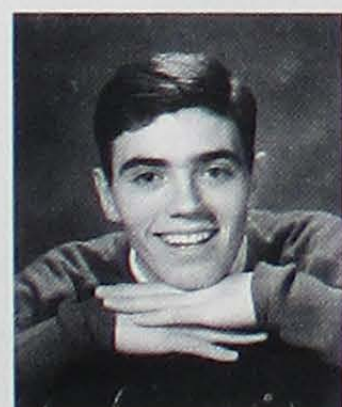
Abigail Whitt

You've been our great joy  
for 18 years. We are very  
proud of you.

Love,  
Mom and Dad



What characterizes  
a champion is his  
heart. His will to  
win. His resolve to  
train. His determi-  
nation to pay the  
price. We're proud  
of you.



Jeremy David Bents  
Congratulations,  
Jeremy. We're proud of  
you. Thanks for every  
memory. Remember  
Joshua 1:8,9. Enjoy the  
journey!  
Love you,  
Dad, Mom, Jessica





## Congratulations Emily!

Love,  
Mom and Dad  
Rich and Allyson  
Steve and Nikki  
Debbie and Phil



## Matthew Healy

Longer legs, longer hair,  
same great smile.  
XXOO Mom and Dad



Robyn Epstein  
Congratulations, Robyn!  
I wish you happiness and success  
in everything you do!  
Love,  
Mom



Way to go Ellie!  
Your hard work, determination,  
and sincere efforts have brought  
you many rewards.  
Congratulations!  
Much love,  
Mom, Dad and Chris



Michelle, life with you has  
been a scream!  
Our love and best wishes,  
Dad, Mom, and Joni



Congratulations, Lori.  
We love you and are so proud of  
the "you" you've become.  
God Bless!  
Mom, Dad, Kari, Suzi, Merry &  
Smokey

Thank you, Chris,  
for all the joy you've  
added to our lives.  
We couldn't be more  
proud as we watch  
you reach for your  
dreams.  
Mom and Dad



Dear Darci,  
We're proud of  
your "George  
Award." We're also  
proud you're able to  
be silly and enjoy  
life. Keep going!



## Congratulations!

You are the sunshine!  
Love,  
Mom, Mike, and Cuddles





*Evan,  
Don't panic!  
Enjoy your trip  
through the Galaxy.  
Love,  
Dad, Mom,  
and Ryan*



Katherine-  
We are so proud of you!  
We love you!!  
Our best wishes are with  
you for the future.  
Mom, Dad, and Beth

*Eddie,  
Congratulations and  
Good Luck always  
Love,  
Mom, Dad, Heather,  
and Melissa*



**Sommer Lynn**  
So many memories  
and loving times then  
with many more to come!  
Love you,  
Mom and Dad



Paul Stewart  
Leaders are like eagles,  
they don't flock...you  
find them one at a  
time.  
Congratulations!  
Love and Prayers,  
Dad, Mom, & Matthew



**Adam Shriver**  
*We hope it will  
be a good life.  
Mom and Dad*



An attentive audience watches  
Mark's computer skill. The  
transition from space invaders  
to home pages occurred too  
quickly. You have been a  
wonderful son.



Nicole Maura Achter  
"Trust in the Lord with  
all your heart and lean not  
on your own understanding  
In all your ways  
acknowledge him  
and he will make your paths  
straight." Prov 3:5+6  
Love,  
Mom, Dad, and Kris



Shannon---  
We are so very proud  
and happy for you.  
Best wishes to you  
sweetheart for a bright and  
healthy future.  
Love Always,  
Mom, Dad, And Chad

**Jennifer Whalen**  
*May the road rise to meet  
you...  
May the wind be always at  
your back...*



Our Love,  
Mom, Dad, Brandon,  
Jordan, and Beasley



Congratulations  
Marn!  
Love,  
Mom, Dad,  
and Tina

Congratulations, Gregg,  
on a journey completed.  
The best of everything  
during all your  
adventures and journeys  
in your future.  
Love always,  
Mom and Dad







Amalia

Love, admiration and pride for who you are and what you have accomplished. We will treasure the last 18 years and embrace those to come.

Mucho amor,  
Mom, Dad, Breeze, & Monica

On to bigger  
mountains-  
Good luck!!!  
Benton, Chris,  
Mom and Dad



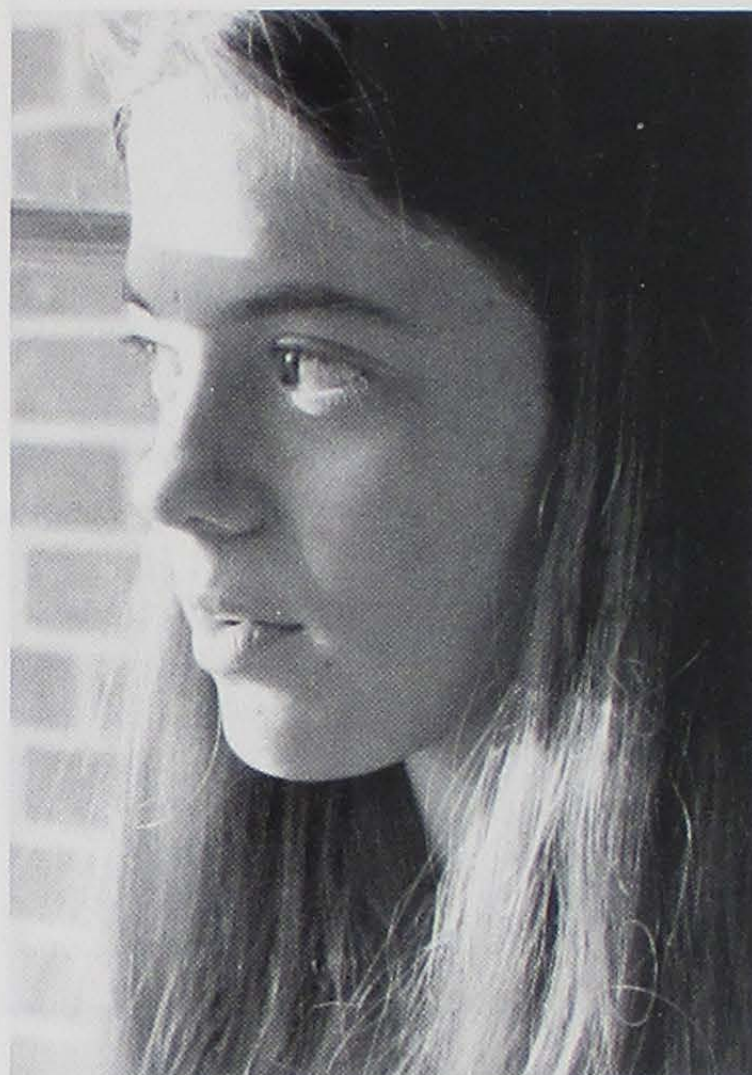
Zach,  
Thank you so much  
for the memories,  
the best is yet to come.  
We are so proud of  
you. Congratulations!

Love,  
Mom and Dad



Congratulations, Carisa, on a  
great job so far! We all love  
you and know you'll have  
continued success.

# Emily Peck



... because once she told  
me that ladybugs have  
hidden wings

... and so does she.

Santa couldn't  
have done it  
without you,  
Paige!



Dear Heather,  
Never lose you  
wonderful enthusiasm  
for life. You are a  
treasure.

Love,  
Mom, Dad, Dan,  
& Shawn

Laura  
Believe in yourself,  
You can accomplish  
Anything you heart  
desires.  
All our love,  
Mom, Dad, Amy,  
& Kim



De, we are very  
proud of you.  
Good luck in the  
future and always  
be happy  
Love,  
Mom, Dad, Tom,  
Dawn, and Chammie



## Congratulations, Melissa



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*You have brightened our lives. We are  
so proud of you and wish you happiness  
and success in the future.*

*Love always,  
Mom, Dad and Mike*

Dr. Kim J. Wass &  
Dr. Julie D. Cassaidy

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### Christopher Melvin

*Congratulations! We are  
very proud of you and all  
of your accomplishments.  
Best wishes in your future  
endeavors.*

*Love, Mom, Dad,  
Cathy, Bob*



**Christopher,**  
*Stay bright-eyed and  
bushy-tailed! Keep  
up all the "hard"  
work! Congratulations!*

*Love always,  
Mom, Dad, Amy, and  
Towanda*



Congratulations to  
Megan and Phoebe,

From Eric and Lucy

### Ryan Long

*Congratulations, Ryan!  
We are so proud of you.  
Thanks for bringing  
so much joy to our lives!*

*Love,  
Mom, Dad,  
Nathan, and Sarah*



### Andy Hatfield

Thank you for  
bringing much joy  
to our lives. We  
love you and are  
very proud of you.  
Love,  
Mom, Dad, and Mark



Congratulations  
*We love you dearly,  
You have made us  
so proud. May all  
your dreams come  
true.*

*Love, Mom and Dad*

Congratulations  
Michael!

You'll always be  
our favorite  
homerun hitter!

*Love,  
Mom, Dad, Beth,  
Chris, Ben*



## "There Was Once A Child"

*You have been an absolute joy,  
Sugar Bear, from baby, to child, to  
young woman. The love you have  
to give will continue to enrich the  
lives you touch. Our wish for you  
is happiness, health, and love!*

Mom, Dad, and Patrick





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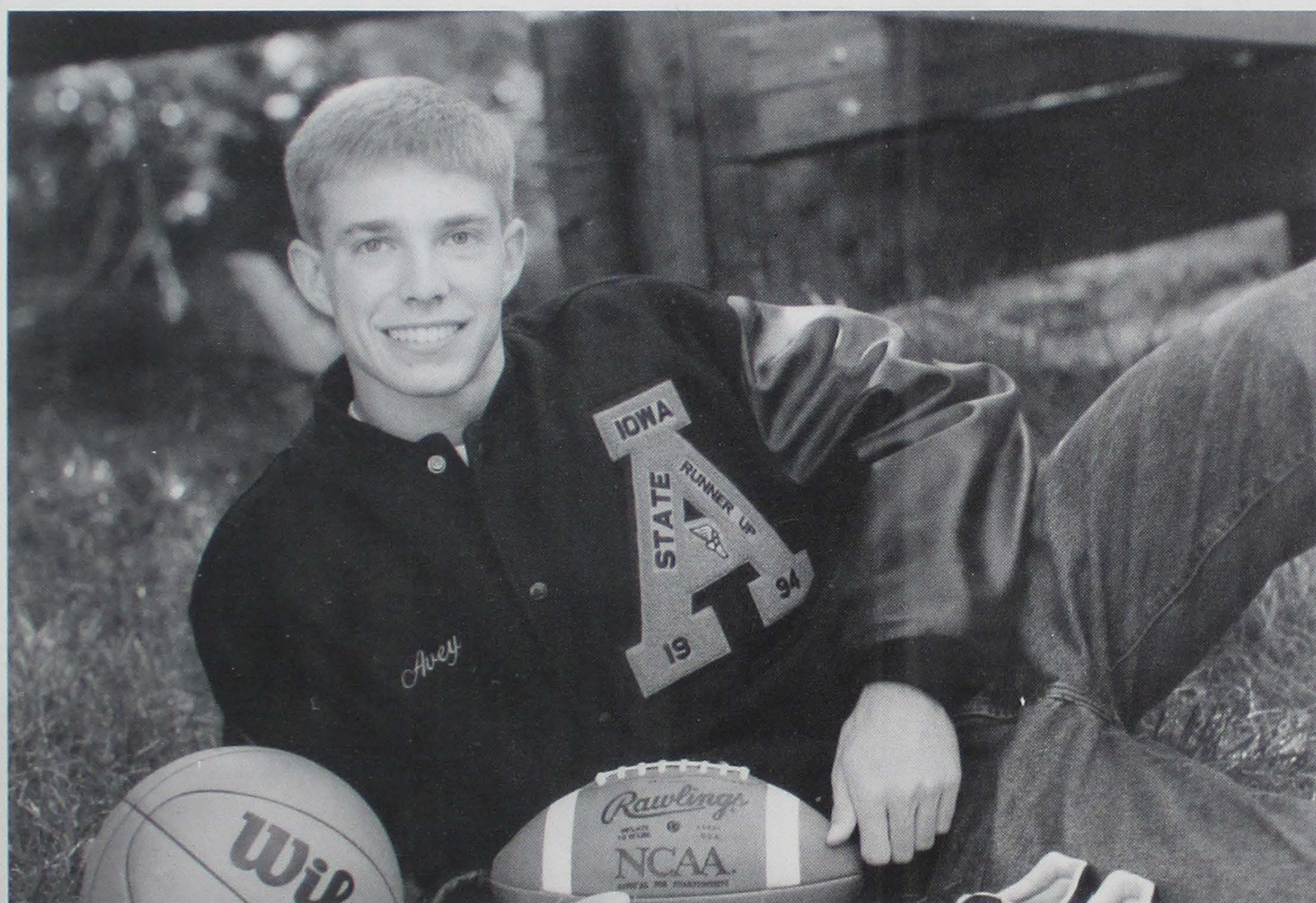
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*Pete Tekippe*  
PHOTOGRAPHY

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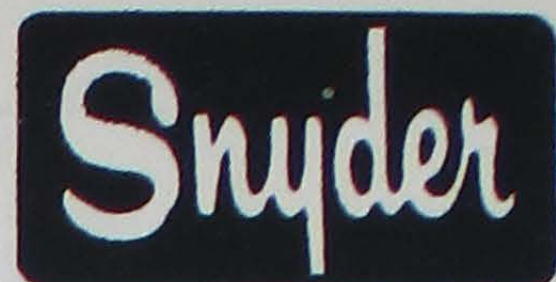
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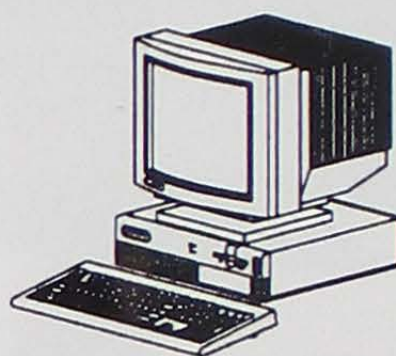
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Congratulations to this year's graduating seniors  
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LEARNING

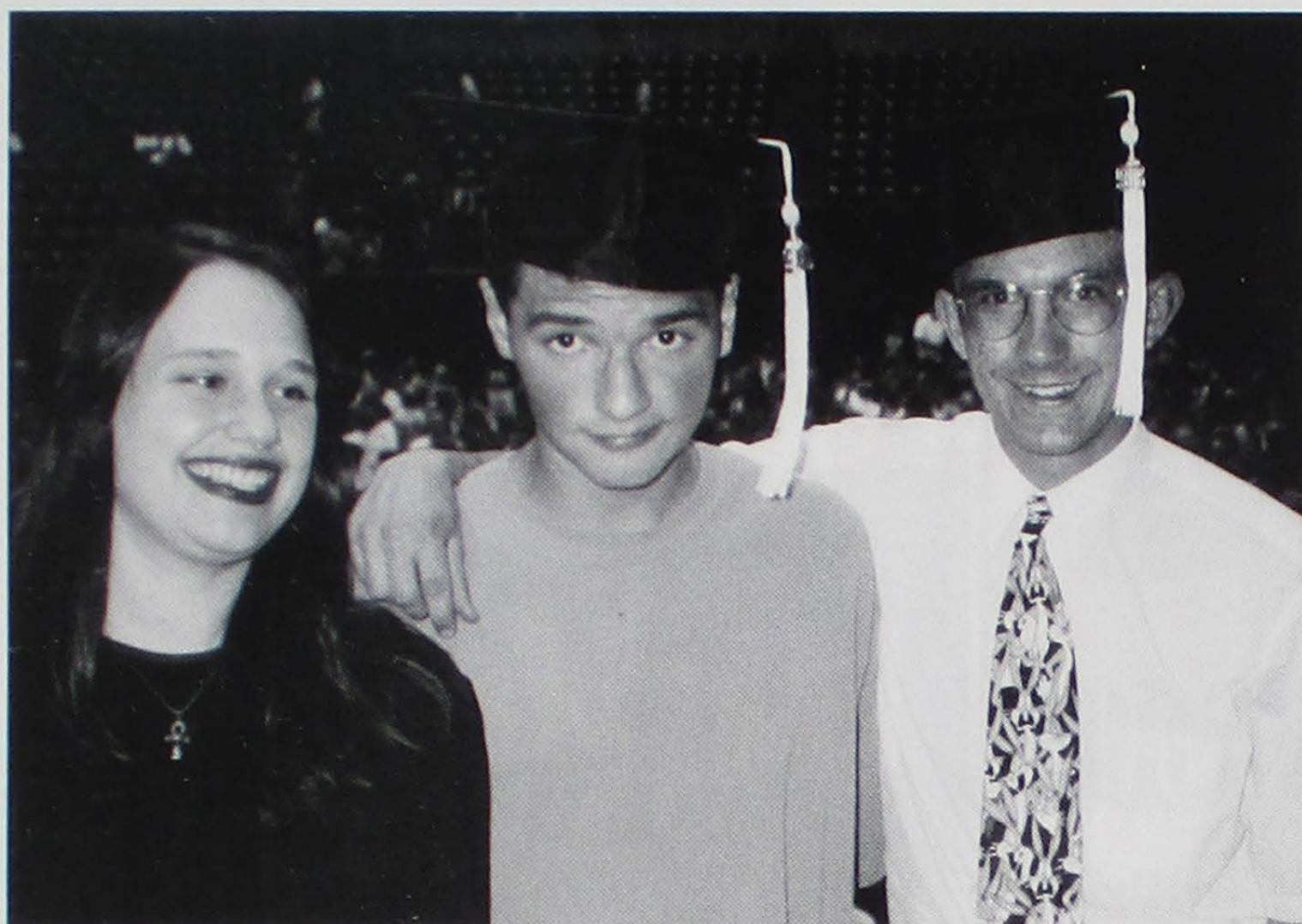
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CHANGES.



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SUM Senior Employees: Paul Stewart, Sam Grotewold, Melanie Westerberg. Not Pictured: Shawn Crowley, Evan Rosenberg, BJ Ridnour, Ryan Long, Matt Beaulieu.

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Congratulations Melanie,  
Sabrina, Jennifer  
and Melissa!







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Orthodontist

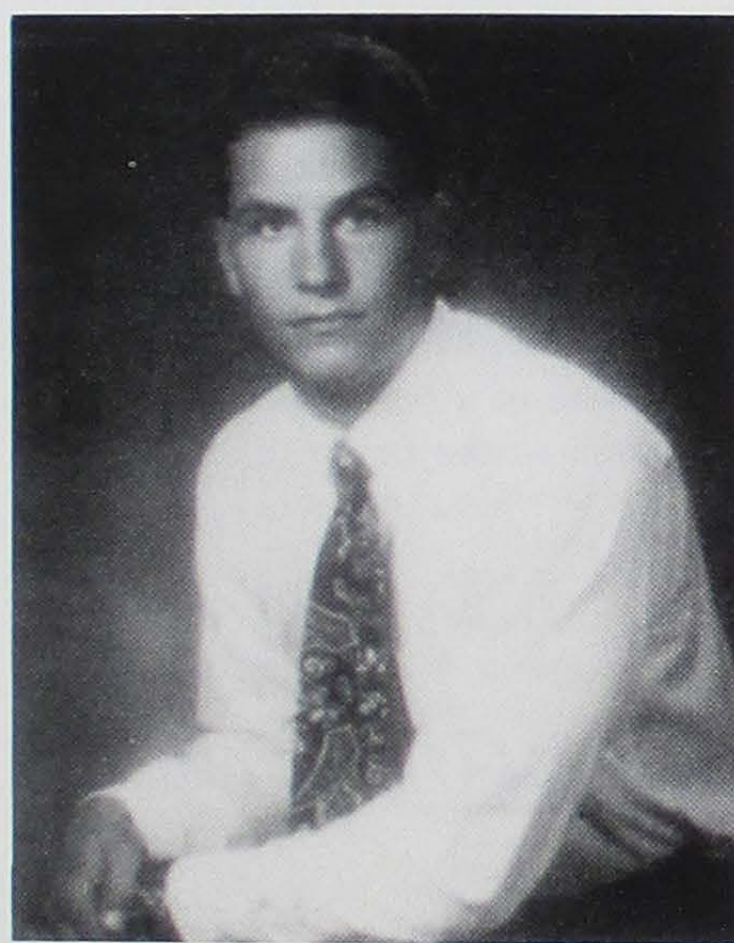
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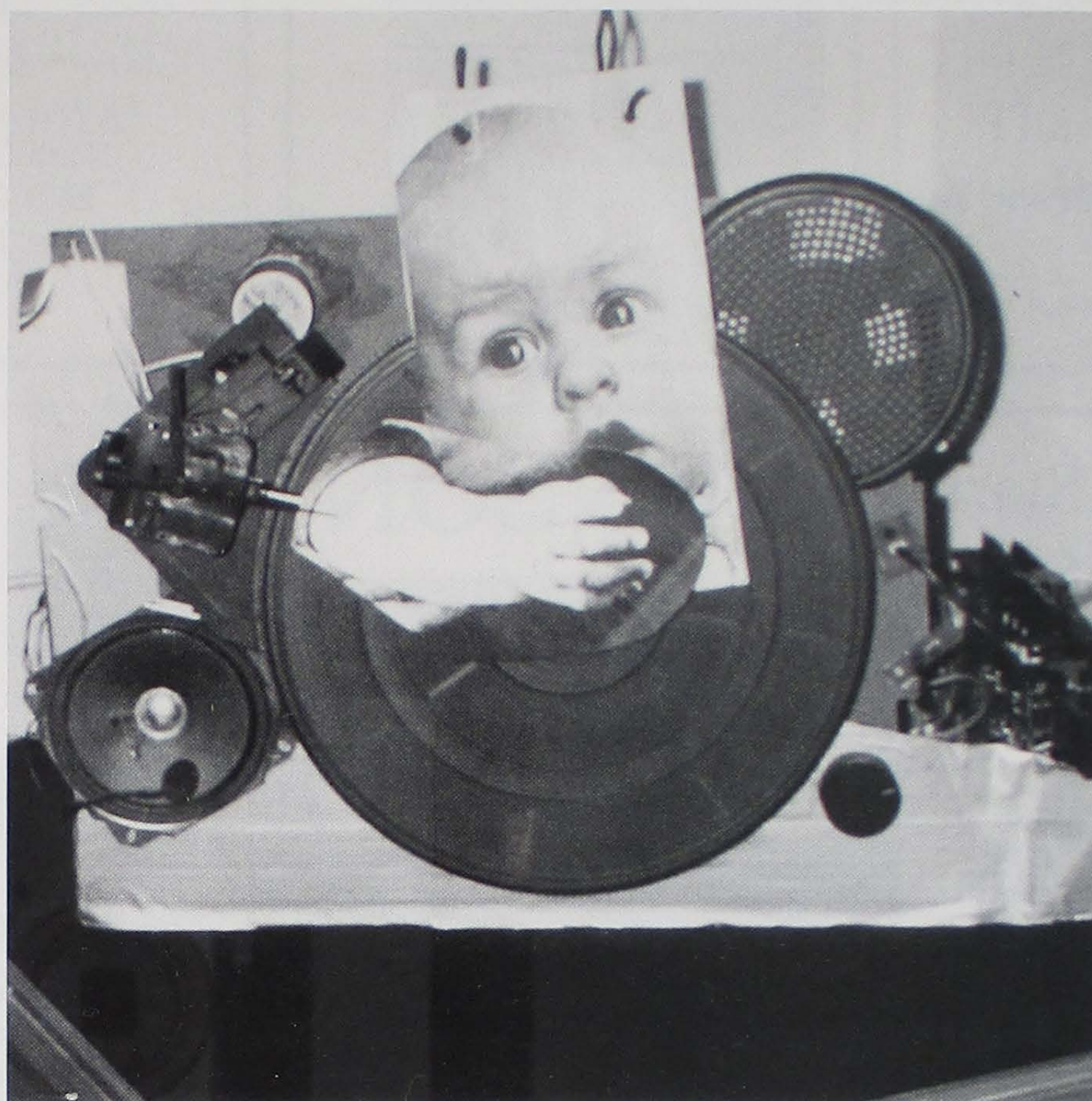
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# *Congratulations Class of '96!*

*Ames Senior High School*



Boone Grant's sculpture, made of a record player and other household items, helped him capture third place at the senior art show.

*"The world is before you,  
and you need not take it  
or leave it as it was when  
you came in."*

*-James Baldwin*

## **Wandling Engineering**



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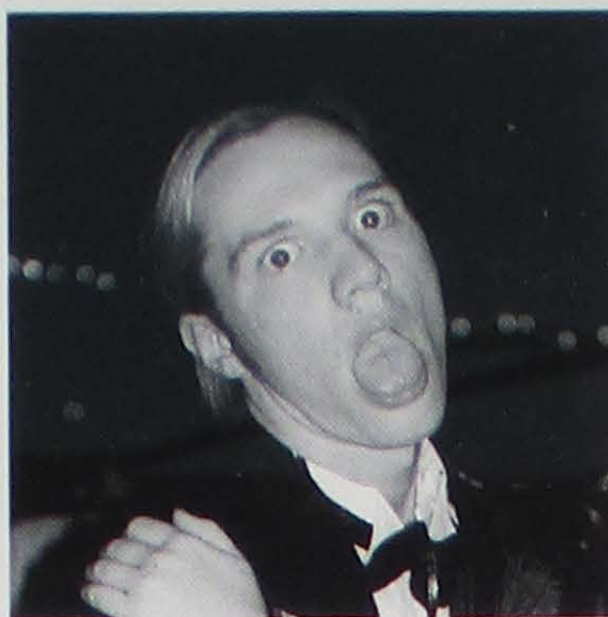
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Senior Brooke Harker enjoys a romantic moment with her date for Winter Formal, Hans.





The end. It took a while to get here, but it was worth all the hard work. **Wasn't it?** De-

spite the endless piles of homework and the unwanted **stress**, we managed to find time to see friends and enjoy the weekends. **Didn't we?**

Events such as senior parties, foreign language trips, homecoming, prom and graduation enabled us to meet **new** people and to see **familiar** faces. Walking down the halls of

school, we saw that there were a great many **similarities** among us, yet it was our **unique** qualities which defined us and made us

**as different as night and day**

sam grotewold  
robyn epstein  
co-editors





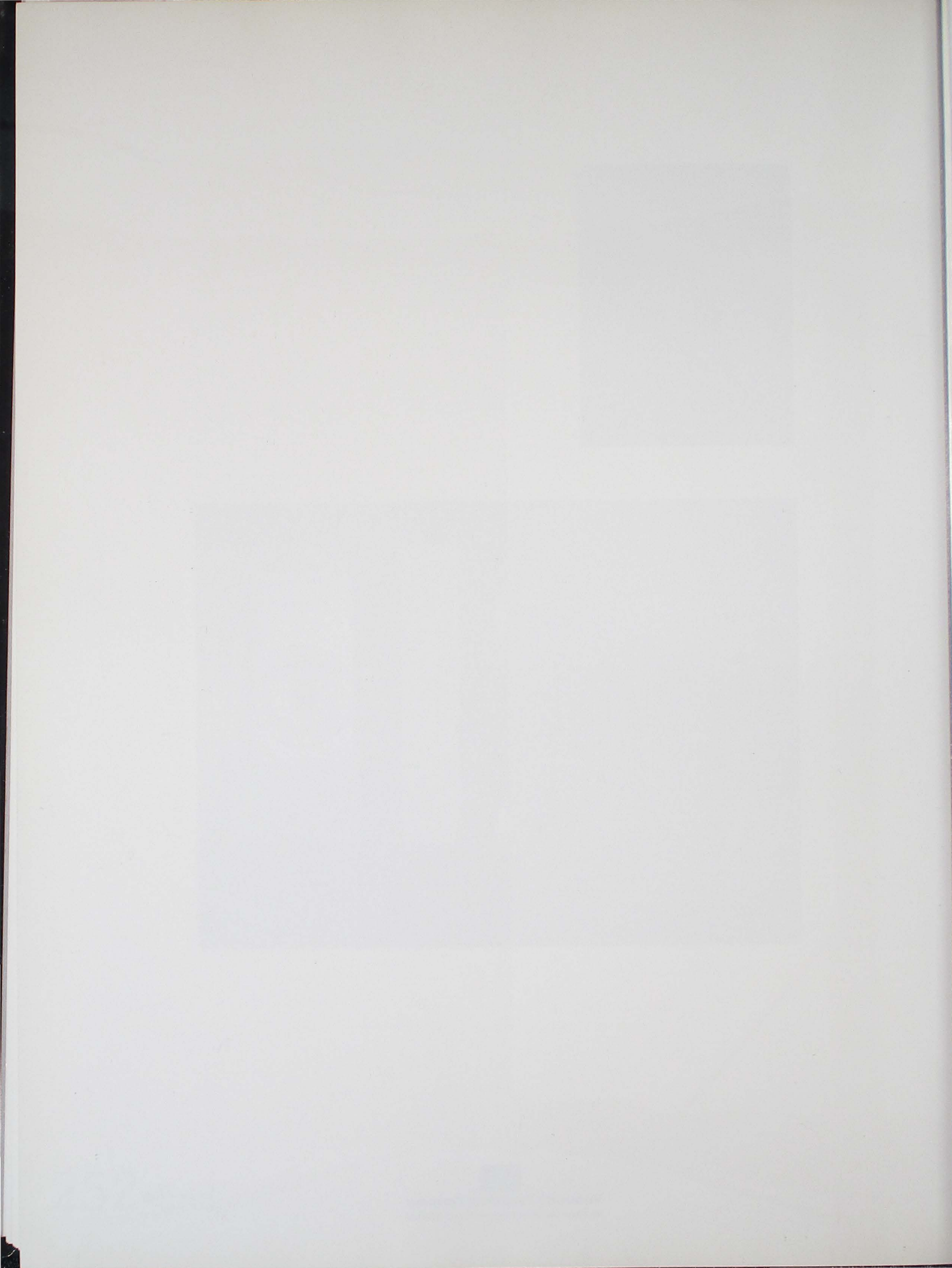




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Sam Grotewold  
Robyn Epstein



